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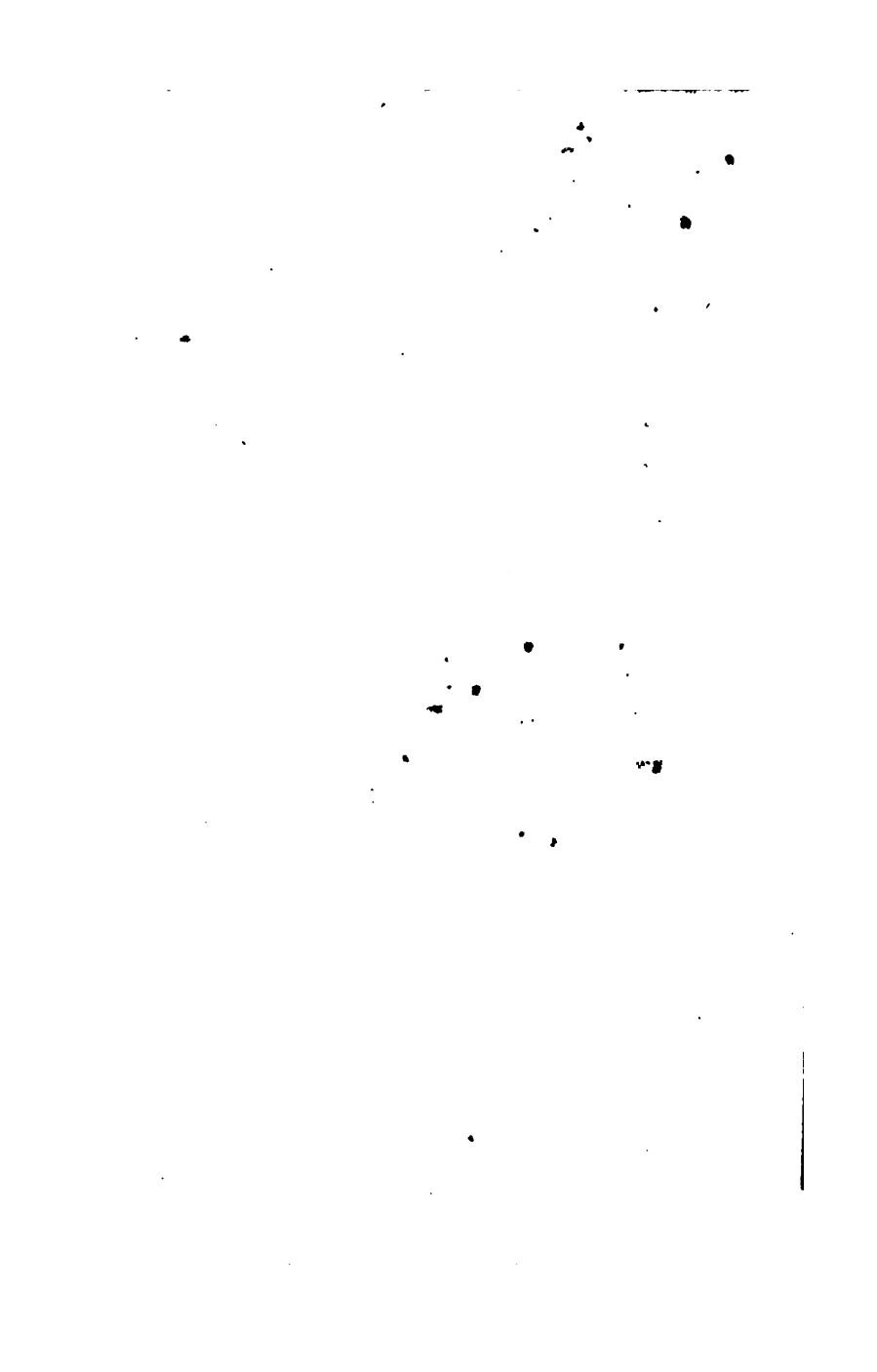
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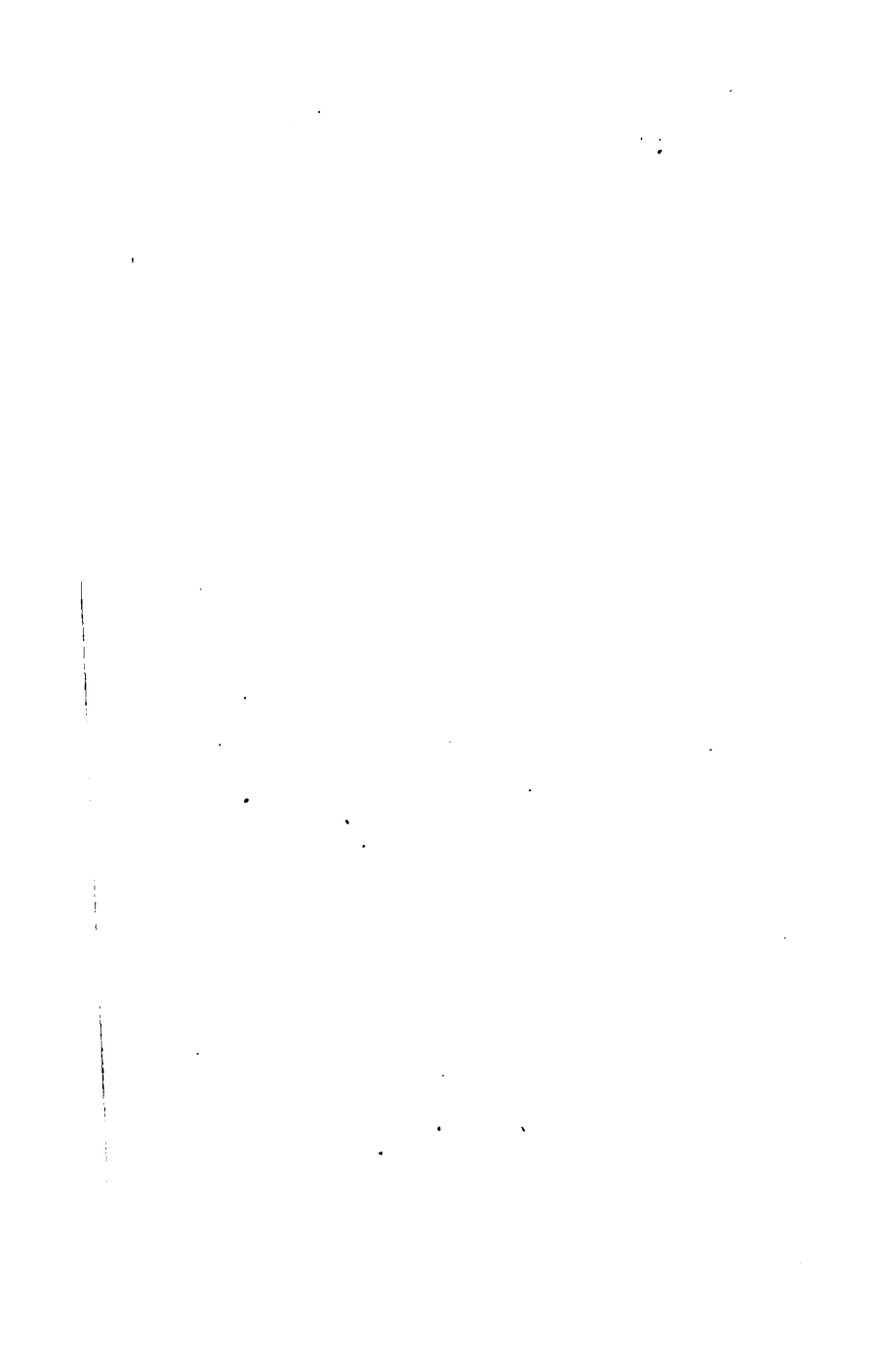
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# **ADVICE TO A MOTHER**

**ON THE**

**MANAGEMENT OF HER OFFSPRING.**

BY THE SAME AUTHOR,  
*Price Half-a-Crown,*  
THE SIXTH EDITION OF  
**ADVICE TO A WIFE**  
ON THE  
**MANAGEMENT OF HER OWN HEALTH,**  
AND ON  
**SOME OF THE COMPLAINTS INCIDENTAL TO**  
**PREGNANCY, LABOUR, AND SUCKLING;**  
WITH AN INTRODUCTORY CHAPTER  
**ESPECIALLY ADDRESSED TO A YOUNG WIFE.**

**ADVICE TO A MOTHER**  
**ON THE**  
**MANAGEMENT OF HER OFFSPRING;**  
**AND ON THE**  
**TREATMENT OF SOME OF THEIR MORE**  
**URGENT DISEASES.**

BY

**PYE HENRY CHAVASSE,**

FELLOW OF THE ROYAL COLLEGE OF SURGEONS OF ENGLAND; FELLOW OF THE  
OBSTETRICAL SOCIETY OF LONDON; FORMERLY PRESIDENT OF QUEEN'S  
COLLEGE MEDICO-CHIRURGICAL SOCIETY, BIRMINGHAM; AUTHOR  
OF 'ADVICE TO A WIFE ON THE MANAGEMENT OF HER  
OWN HEALTH.'

"Lo, children and the fruit of the womb are an heritage and gift that  
cometh of the Lord."

**SEVENTH EDITION.**



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J. E. ADKINS, PRINTER, BATHSTOWN CLOTH.

TO  
SIR CHARLES LOCOCK, BART., M.D.,  
FIRST PHYSICIAN-ACCOUCHEUR TO HER MAJESTY THE QUEEN.

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DEAR SIR CHARLES,

Your kind and flattering approval of this little book, and your valuable suggestions for its improvement, demand my warmest gratitude and acknowledgments, and have stimulated me to renewed exertions to make it still more complete and useful, and thus more worthy of your approbation.

You have greatly added to my obligation, by allowing me to indicate those passages of the work, that you considered required correction, addition, and improvement. On reference to these pages, it will be at once perceived how greatly I am indebted to you, and how much I have profited by your valuable advice.

I have the honour to remain,

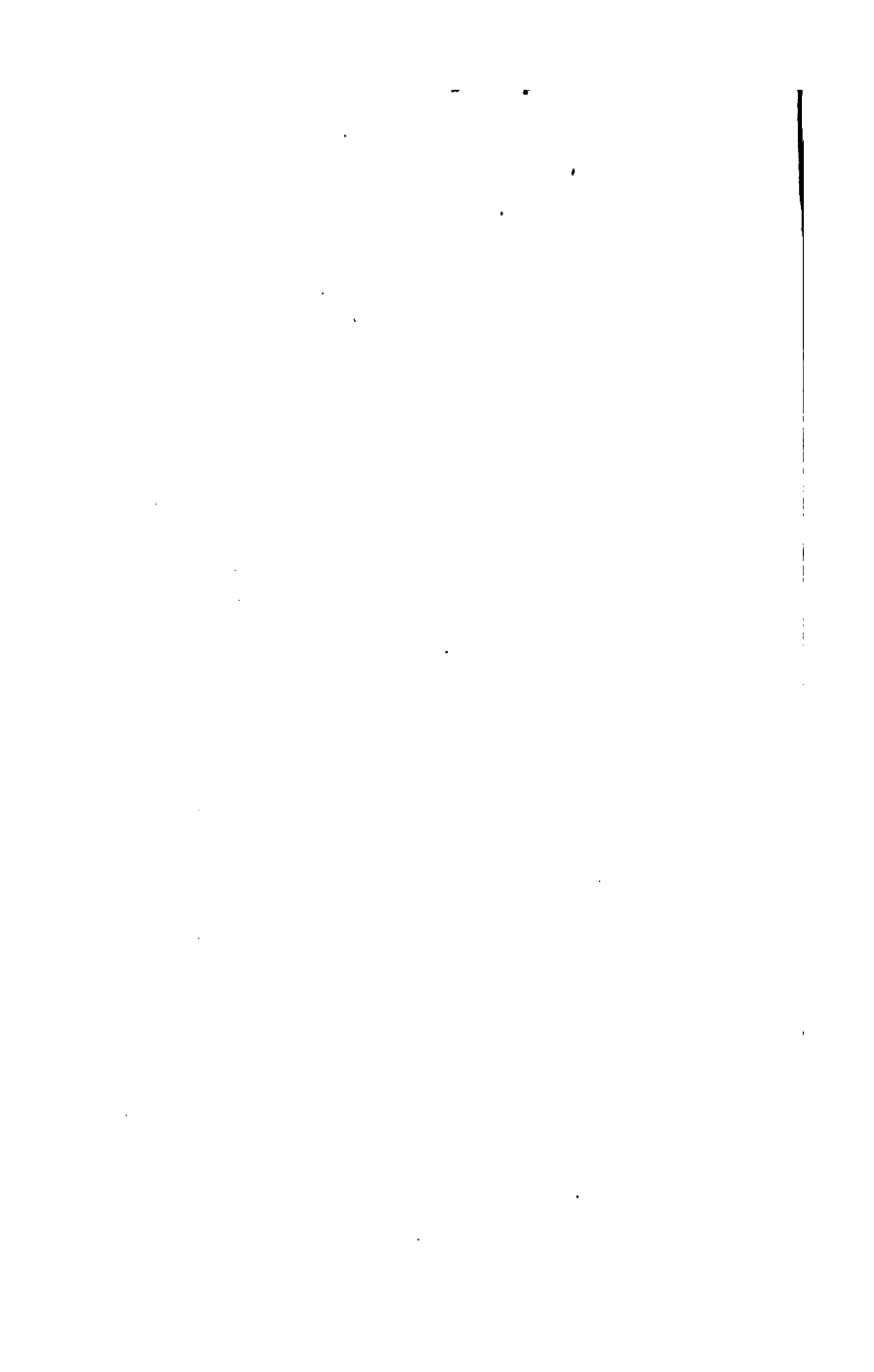
DEAR SIR CHARLES,

Your faithful and obliged servant,

PYE HENRY CHAVASSE.

PRIORY HOUSE, THE SQUARE,  
BIRMINGHAM.





## PREFACE.

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SINCE the last edition of this book was published, it has had the good fortune to come under the notice of SIR CHARLES LOCOCK. He, in the kindest and most condescending manner, took an interest in its success and improvement, and wrote to me on the subject.—He spoke most favorably of the work, but considered that it required a few corrections and additions. I need not say,—how gratified I felt at such praise—coming from such an authority—and how eagerly I entered into his views,—striving to make the book more complete and useful, and thus more worthy of his approval.

SIR CHARLES has done me the honour to enrich this volume with some valuable *Notes and Annotations*—written expressly for this edition—all of which I gratefully acknowledge and highly appreciate.

I can truly say that the writing and the revising of the following pages have been to me a labour of love,—as the management of the health, and the treatment

of the diseases of children, have always been my favorite and engrossing study. .

The sales of my two books—*Advice to a Wife* and *Advice to a Mother*—have, in Medical Literature, been almost unprecedented.—This is the best argument to adduce—how much such works were required, and how my humble efforts have been appreciated.

In conclusion.—As *Advice to a Mother* has now become a standard work, I merely beg to return my grateful thanks to my numerous readers, and to hope, that through God's blessing, it may still be the means of saving the lives of some and of benefiting the health of many children.

PYE HENRY CHAVASSE.

PRIORY HOUSE, OLD SQUARE, BIRMINGHAM;  
*January, 1864.*

# ADVICE TO A MOTHER.

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## PART I.—INFANCY.

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### PRELIMINARY CONVERSATION.

1. *I wish to consult you on many subjects appertaining to the management of children:—will you favour me with your advice and counsel?*

I shall be happy to accede to your request, and to give you the fruits of my experience in the clearest manner I am able, and in the simplest language I can command—freed from all technicalities. I will endeavour to guide you in the management of the health of your children;—I will warn you of approaching danger, in order that you may promptly apply for medical assistance before illness has gained too firm a footing;—I will give you the *treatment* of some of the more *urgent* diseases of children—when medical aid cannot quickly be procured, and where delay may be death;—I will instruct you in the *immediate* employment of remedies in case of accidents—where procrastination may be dangerous;—I will tell you how a sick child should be nursed,—and how a sick room should be managed;—I will use my best energy to banish injurious practices from the nursery;—I will treat of the means to prevent disease where it be possible;—I will show you the way to preserve the health of the healthy,—and how to strengthen the deli-

cate;—and I will strive to make a Medical man's task more agreeable to himself,—and more beneficial to his patient, by dispelling errors and prejudices,—and by proving the importance of your *strictly* adhering to his rules.—If I can accomplish any of these objects, I shall be amply repaid by the knowledge—that I have been of some little service to the rising generation.

2. *Then, you consider it important that I should be made acquainted with, and well informed upon, the subjects you have just named?*

Certainly. I deem it to be your imperative duty to STUDY the subjects well. The proper management of children is a vital question—a mother's question—and the most important that can be brought under the consideration of a parent; and, strange to say, it is one that has been more neglected than any other. How many mothers undertake the responsible management of children without previous instruction, or without forethought; they undertake it, as though it may be learned by intuition, or by instinct, or by affection! The consequence is, that frequently they are in a sea of trouble and uncertainty, tossing about without rule or compass; until, too often, their hopes and treasures are shipwrecked and lost! How true to life is the following:—“A poor, innocent, mismanaged baby to come into life and go out of it through a parental baby-slaughter, owing to extreme ignorance, coupled with intense affection.”\*

The management, and consequently the health and future well-doing of the child, devolve upon the mother, “for it is the mother after all that has most to do with the making or the marring of the man.”† Dr. Guthrie justly remarks that,—“Moses might never have been the man he was unless he had been nursed by his own mother. How many celebrated men have owed their greatness and their goodness to a mother's train-

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\* *The Rector's Daughters.*

† *Good Words*, Dr. W. Lindsay Alexander, March, 1861.

ing!" Napoleon owed much to his mother.—"‘The fate of a child,’ said Napoleon, ‘is always the work of his mother;’ and this extraordinary man took pleasure in repeating, that to his mother he owed his elevation. All history confirms this opinion. . . . The character of the mother influences the children more than that of the father, because it is more exposed to their daily, hourly observation.”\*

Hear what a reviewer of one of our medical journals says on the necessity of a diffusion of such knowledge, as I shall endeavour to convey to you in the following conversations:—"The more well-written books on ‘Common Things’ are circulated among the reading classes of the community, the more extensive will be the diffusion of a strong antidote against the power of spurious and vain knowledge.”†

I am not overstating the importance of the subject in hand when I say, that a child is the most valuable treasure in the world, that "he is the precious gift of God," that he is the source of a mother’s greatest and purest enjoyment, that he is the strongest bond of affection between her and her husband, and that

"A babe in a house is a well-spring of pleasure, a messenger of peace and love."‡

In the writing of the following pages, I have had one object constantly in view—namely—health:—

"That salt of life, which does to all a relish give  
Its standing pleasure, and intrinsic wealth,  
The body’s virtue, and the soul’s good fortune—health."

#### ABLUTION.

3. *Is a new-born infant to be washed, for the first time, in warm or in cold water?* ;

It is not an uncommon plan to use COLD water from

\* *Woman’s Mission.*

† *British and Foreign Medico-Chirurgical Review*, July, 1855.

‡ Tupper.

the first, under the impression of its strengthening the child. This appears to be a cruel and barbarous practice, and is likely to have a contrary tendency. Moreover, it frequently produces inflammation-of-the-eyes, stuffing-of-the-nose, inflammation-of-the-lungs, or looseness-of-the-bowels. Although, I do not approve of COLD water, we must not run into an opposite extreme, as, HOT water would weaken and enervate the infant, and thus would predispose him to disease. Luke-warm RAIN water will be the best to wash him-with. This, if it be summer, may have its temperature gradually lowered, until it be quite cold; if it be winter, a dash of warm water may still be added, to take off the chill.

It will be necessary to use soap,—Castile soap being the best for the purpose,—it being less irritating to the skin than the ordinary soap. Care should be taken that it does not get into the eyes, as it may produce either inflammation or smarting of those organs.

If the skin be delicate, or if there be any eruption or excoriation of the cuticle, then—Glycerine soap should be used, instead of the Castile soap.

4. *At what age do you recommend a mother to commence washing an infant IN THE TUB?*

As soon as the navel-string comes away.\*—Do not be afraid of water—and that in plenty—as it is one of the best strengtheners to an infant's constitution. How many infants suffer from excoriation for the want of water!

5. *Which do you prefer—flannel or sponge—to wash a child with?*

A sponge—a large sponge. A sponge cleanses and gets into all the nooks, corners, and crevices of the skin more effectually than flannel. Besides, sponge is softer

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\* Sir Charles Locock strongly recommends that an infant should be washed IN A TUB from the very commencement. He says,—“All those that I superintend, *begin* with a tub.”—*Letter to the Author.*

and more agreeable to the tender skin of a child than flannel. Moreover, a sponge holds more water than flannel, and thus enables you to stream the water more effectually over him. A large sponge will act like a miniature shower-bath, and will thus brace and strengthen him.

6. *Is it necessary to wash a new-born infant's head with brandy, to prevent him from taking cold?*

It is NOT necessary.—The idea, that it will prevent cold, is erroneous; as, the rapid evaporation of heat, which the brandy causes, is more likely to give cold, than to prevent it.

7. *Should that tenacious, paste-like substance, adhering to the skin of a new-born babe, be washed off at the first dressing?*

It should, provided it be done with a soft sponge and with care. If there be any difficulty in removing the substance, gently rub it, by means of a flannel,\* with a little lard, or fresh-butter, or sweet-oil; after the parts have been well smeared and gently rubbed with the lard, oil, or butter, let all be washed off together, and be thoroughly cleansed away, by means of a sponge and soap and warm water, and then gently put him in his tub, for a minute or two, to complete the process. If this paste-like substance be allowed to remain on the skin, it may produce an excoriation or an eruption. Besides, it is impossible for the skin to perform its proper

\* Mrs. Baines (who has written so much and so well on the Management of Children), in a *Letter* to the Author recommends—flannel to be used in the *first* washing of an infant—which flannel should afterwards be burnt;—and that the sponge should be only used to complete the process—to clear off what the flannel had already loosened.—She, also, recommends, that every child should have his own sponge, each of which should have a particular distinguishing mark upon it: as she considers the promiscuous use of the same sponge to be a frequent cause of *ophthalmia* (inflammation of the eyes).—The sponges cannot be kept too clean.



functions if that tenacious substance be allowed to remain on it.

8. *Have you any general observations to make on the washing of a new-born infant?*

A child should be thoroughly washed every morning, IN HIS TUB, from head to foot; wetting the head first, and paying particular attention to the groin, the hams, the armpits, &c.; and letting the water, from a large and a well-filled sponge, stream over the *lower* part of the bowels and the parts adjacent. Let this advice be well observed,—as you will find the plan most strengthening to your child. The skin must be thoroughly, but quickly dried, after every bath, with a warm, dry, soft napkin; first enveloping the child in it, and then gently absorbing the moisture with the napkin: not roughly scrubbing and rubbing the tender skin of the infant, as though the nurse were rubbing down a horse!

The ears should be carefully and well dried with a soft dry napkin after each ablution: inattention to this advice has sometimes caused a gathering in the ear—a painful and distressing complaint; and, at other times, it has produced deafness.

Directly after the infant is dried, all the parts, that are at all likely to be chafed, should be well powdered. After the infant is well dried and well powdered,—the chest, the back, the bowels, and the limbs, should be gently rubbed; taking care, not to expose the child unnecessarily during such friction.

The infant must be partially washed every evening; indeed, it may be necessary to use a sponge and a little warm water frequently during the day; namely, each time after the bowels have been relieved. **CLEANLINESS IS ONE OF THE GRAND INCENTIVES TO HEALTH**, and, therefore, cannot be too strongly insisted upon. If more attention were paid to this subject, children would be more exempt from chafings, eruptions, and consequent suffering, than they are at present. After the second month, if the infant be delicate,—the addition of two

handfuls of table-salt to the water he is washed with in the morning will tend to brace and strengthen him.

With regard to the best powder to dust infants with,—there is nothing better, for general use, than starch—the old fashioned starch, made of wheaten-flour—reduced to a fine powder by means of a pestle and mortar. Or,—violet powder: which is nothing more than finely powdered starch, scented; and which may be procured of any respectable chemist. Some mothers are in the habit of using white-lead; but, as this is a poison, it should on no account be resorted to.\*

9. *If the parts about the groin and the fundament be excoriated, what is then the best application?*

After sponging the parts with tepid water,—holding him over his tub, and allowing the water, from a well-filled sponge, to stream over the parts—and then drying them with a soft napkin (not rubbing, but gently dabbing with the napkin), there is nothing better than dusting the parts frequently with finely powdered Native Carbonate of Zinc. The best way of using this powder, is, tied up in a piece of muslin, and then gently dabbing the parts with it.

Remember, excoriations are generally owing to the want of water—to the want of an abundance of water. Infants who are well soused and well swilled every morning with water, seldom suffer from excoriations, or from any other of the numerous skin diseases. Cleanliness, then, is the grand preventive of, and the best remedy for, excoriations.—Naaman the Syrian was ordered “to wash and be clean,” and he was healed, “and his flesh came again like unto the flesh of a little child, and he was clean.”† Of course, this was a miracle, but how often does water, without any special intervention, act miraculously in preventing, and in curing, skin diseases!

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\* In one case, related by Kopp (*Journ. de Pharm.*, xx, 603), a child was destroyed by it.

† II *Kings*, v, 13, 14.

An infant's clothes—napkins especially—should never be washed with soda; the washing of napkins with soda is apt to produce excoriations and eruptions.—“As washerwomen often deny that they use soda, it can be easily detected, by simply soaking a clean napkin in fresh water, and then tasting the water—if it be brackish and salt, soda has been employed.” \*

10. *Who is the proper person to wash and dress the infant?*

Of course, the monthly-nurse as long as she is in attendance; but, afterwards, the mother,—unless she should happen to have an experienced, sensible, thoughtful nurse; which, unfortunately, is seldom the case.—“One great blissful word—Maternity. You who know what lies in that word, enlarge my little sketch, and see the young mother nursing and washing and dressing and undressing, and crowing and gambolling with her first-born.” †

11. *What is the best kind of apron for a mother, or a nurse, to wear while washing the infant?*

Flannel—a good, thick, soft flannel—usually called Bath-coating—apron, made long and full; and which, of course, should be well dried every time before it is used.

#### \*MANAGEMENT OF THE NAVAL.

12. *Should the navel-string be wrapped in SINGED rag?*

There is nothing better than a piece of fine old linen rag, UNSINGED; when singed, it frequently irritates the infant's skin.

13. *How should the navel-string be wrapped in rag?*

Take a piece of soft linen rag, about three inches wide and four inches long, and wrap it neatly round the navel-string—in the same manner you would around a

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\* Communicated by Sir Charles Locock to the Author.

† *The Cloister and the Hearth.* By Charles Reade.

cut finger—and then tie it with a few rounds of whity-brown thread to keep on the rag. The navel-string thus covered, should be placed on the belly of the child, pointing upwards, and must be secured in its place, by means of a flannel belly-band.

14. *If, after the navel-string has been secured, bleeding should (in the absence of the Medical man) occur, how must it be restrained?*

The nurse, or the attendant, should immediately take off the rag, and tightly retie the navel-string with a ligature composed of four or five whity-brown threads, and to make assurance doubly sure,—after once tying it, she should pass the threads a second time around the navel-string, and tie it again, and after carefully ascertaining that it no longer bleeds, fasten it up in the rag as before. Bleeding of the navel-string rarely occurs; yet, if it should, and the Medical man is not at hand, the child's life, or after-health, may be endangered, if the above directions be not adopted.

15. *When does the navel-string separate from the child?*

From five days to a week after birth; in some cases, not until ten days or a fortnight; or even, in rare cases, not until three weeks.

16. *If the navel-string does not come away at the end of a week, should any means be used to cause its separation?*

Certainly not.—It must always be allowed to drop off, which, when in a fit state, it will readily do. Meddling with the navel-string has frequently cost the infant a great deal of suffering, and, in some cases, even his life.

17. *Sometimes, the navel is a little sore, after the navel-string comes away: what should then be done?*

A little simple-cerate should be spread on lint, and applied, to the part affected, every morning; and a white-bread poultice, every night, until it be quite healed.

18. *If the child has rupture of the navel, what should be done? Can it be cured?*

Instantly call the attention of a Medical man to it, and he will apply a soap-plaister, spread on wash-leather—about the size of the top of a wine-glass—with a small pad of wash-leather (cut from the plaister, and graduated to the size of half a cherry), fastened on the plaister,—which, when applied, will effectually keep up the rupture, and will cure it in a few weeks. It may be necessary, from time to time, to renew the plaister until the cure be effected. This plan will be found more efficacious and pleasant than either a truss or an elastic bandage; which sometimes gall and do more harm than they do good.

#### CLOTHING.

19. *Is it necessary to have a flannel cap, in readiness, to put on as soon as an infant is born?*

Sir Charles Locock considers that a flannel cap is *not* necessary; and that all his best Nurses have long discarded flannel caps. Sir Charles asserts that since the discontinuance of flannel caps, infants have not been more liable to inflammation of the eyes.

Such authority, is, in my opinion, conclusive; therefore, my advice to you, is,—by all means, discontinue the use of flannel caps.

20. *What kind of belly-band do you recommend—a flannel or a calico one?*

I prefer flannel,—for two reasons: first, on account of its keeping the child's bowels comfortably warm; and, secondly, because of its not chilling the child (and thus endangering cold, &c.) when he wets himself. The belly-band should be moderately, but not tightly, applied, as, if tightly applied, it would interfere with the necessary movement of the bowels.

21. *When should the belly-band be discontinued?*

When the child is two or three months old.—The best way of leaving it off, is, to tear a strip off every day, for a few mornings, and then to leave it off altogether. “Nurses who take charge of an infant when the monthly

nurse leaves, are frequently in the habit of at once leaving off the belly-band, which often leads to ruptures, when the child cries or strains. It is far wiser to retain it too long than too short a time, and when a child catches whooping-cough whilst still very young, it is safer to resume the belly-band.”\*

22. *Have you any remarks to make on the clothing of an infant?*

An infant's clothing should be light, warm, loose, and free from pins. **IT SHOULD BE LIGHT**, without being too airy. Many infants' clothes are too long and too cumbersome. It is really painful to see, how some poor little infants are weighed down with a weight of clothes. They may be said to “bear the burden,” and that a heavy one, from the very commencement of their lives! How absurd, too, the practice of making them wear *long* clothes. Clothes to cover a child's feet, and even a little beyond, may be desirable; but, for clothes to reach to the ground, when the infant is carried about, is foolish and cruel in the extreme. I have seen a delicate infant almost ready to faint under the infliction. **IT SHOULD BE WARM**, without being too warm. The parts, that should be kept warm, are the chest, the bowels, and the feet. If the infant be delicate, especially if he should be subject to inflammation-of-the-lungs, he should wear a fine flannel shirt instead of the usual ones, which should be changed as frequently. **THE DRESS SHOULD BE LOOSE**, so as to prevent any pressure upon the blood-vessels, which would otherwise impede the circulation, and prevent a proper development of the parts;—it should be loose about the chest and the waist, so that the lungs and the heart may have free play;—it should be loose about the stomach, so that digestion may not be impeded;—it should be loose about the bowels, in order that the spiral motion of the intestines may not be interfered with—hence the importance of putting on a

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\* Communicated by Sir Charles Locock to the Author.

belly-band moderately slack;—it should be loose about the sleeves, so that the blood may course, without let or hinderance, through the arteries and the veins;—it should be loose, then, everywhere, for nature delights in freedom from restraint, and will resent, sooner or later, any interference. Oh, that mothers would take common sense and not custom, as their guide! As FEW PINS should be used in the dressing of an infant as possible; inattention to this advice has caused many a little sufferer to be thrown into convulsions.

I have known some careful mothers who use no pins in the dressing of their children—they have tacked every part, that required fastening, with a needle and thread. They do not even use pins to fasten the baby's napkins. They make the napkins with loops and tapes, and thus, altogether, supersede the use of pins in the dressing of an infant. The plan is a good one, takes very little extra time, and deserves to be adopted. If pins be used for the napkins, they should be the Patent Safety Pins.

23. *Is there any necessity for a nurse being particular in airing an infant's clothes before they are put on. If she were less particular, would it not make an infant more hardy?*

A nurse cannot be too particular on this head. An infant's clothes should be well aired the day before they are put on, as they should not be put on warm from the fire. It is well, where it can be done, to let him have clean clothes daily; where this cannot be afforded,—the clothes should be well aired as soon as they are taken off at night, so as to free them from the perspiration, and that they may be ready to put on the following morning. It is truly nonsensical to endeavour to harden an infant, or any one else, by putting on damp clothes!

24. *What is your opinion of caps for an infant?*

The head should be kept cool; therefore caps are unnecessary. If caps be used at all, they should only be worn for the first month in summer, or for the first two

or three months in winter.—If an infant takes to caps, it requires care in leaving them off, or he will take cold. When you are about discontinuing them, put a thinner and a thinner one on, every time they are changed, until you leave them off altogether.

But, remember, my opinion is, that children are better **WITHOUT** caps: they only heat the head, cause undue perspiration, and thus make a child more liable to take cold.

If an infant does not wear a cap in the day, it is not at all necessary that he should wear one at night; he will sleep more comfortably without one, and it will be better for his health. Night-caps injure both the thickness and the beauty of the hair.

25. *Have you any remarks to make on the clothing of an infant, when in the winter-time he is sent out for exercise?*

Be sure that he is well wrapped up.—He should have, under his cloak, a knitted, worsted spencer, which should button behind; and, if the weather be very cold, a shawl over all,—and he may then brave the weather, provided it be dry above, and the wind be not in the east, or the north-east. He will, then, come from his walk, refreshed and strengthened: for cold air is a most invigorating tonic. In a subsequent conversation, I will indicate the proper age at which an infant should be first sent out to take exercise in the open air.

#### DIET.

26. *Are you an advocate for putting an infant to the breast soon after birth, or, for waiting, as many do, until the third day?*

The infant should be put to the breast soon after birth: the interest, both of the mother and of the child, demands it. It will be advisable to wait three or four hours, that the mother may recover from her fatigue; and, then, the infant must be put to the breast. If this be done, he will generally take the nipple with avidity.



It may be said,—at so early a period, there is no milk in the breast: but such is not usually the case. There generally is a **LITTLE** from the beginning; which acts on the infant's bowels like a dose of purgative medicine, and appears to be intended by nature, to cleanse the system. But, provided there be no milk at first, the very act of sucking, not only gives the child a notion, but, at the same time, causes a draught (as it is usually called) in the breast, and enables the milk to flow easily.

Of course, if there be no milk in the breast—the child having been applied, once or twice, to determine the fact—then you must wait for a few hours—that is to say—until the milk be secreted, before applying the infant again to the nipple.

Those infants who are kept from the breast for two or three days, and who are fed upon gruel, generally become feeble, and frequently, at the end of that time, will not take the breast at all. Besides, there is a thick cream (similar to the biestings of a cow), which if not drawn out by the child, may cause inflammation and gathering of the breast, and, consequently, great suffering to the mother. Moreover, placing him **EARLY** to the breast, moderates the severity of the mother's after-pains and lessens the risk of her flooding. A newborn infant must **NOT** have gruel given to him, as it disorders the bowels, causes a disinclination to suck, and thus makes him feeble.

27. *If an infant show any disinclination to suck, or if he appears unable to apply his tongue to the nipple, what should be done?*

Immediately call the attention of the Medical man to the fact, in order that he may ascertain whether the child be tongue-tied.—If he be, the simple operation of dividing the bridle of the tongue, will remedy the defect, and will cause him to take the nipple with ease and comfort.

28. *Provided there be no milk AT FIRST, what should then be done?*

Wait with patience: the child (if the mother has no milk) will not require artificial food for at least twelve hours.—In the generality of instances, then, artificial food is not at all necessary; but, if it should be needed, —one third of new-milk and two thirds of warm water, slightly sweetened with loaf sugar, may be given, in small quantities at a time, every four hours, until the milk be secreted, and then it must be discontinued. The infant should be put to the nipple every four hours—but not oftener—until he be able to find nourishment.

If the nipple be very small, or if it be drawn in, or, if after the application of the child, for a few times, he is unable to find nourishment, then, it will be necessary to wait a few hours, until the milk be secreted.—As soon as it is secreted, the child must be applied, with great regularity, *alternately* to each breast.

I say **ALTERNATELY** to each breast.—THIS IS MOST IMPORTANT ADVICE.—Sometimes a child prefers, for some inexplicable reason, one breast to the other, and the mother, to save a little contention, concedes the point, and often allows him to have his own way. And what is frequently the consequence? A gathered breast!

We frequently hear of an infant having no notion of sucking. This “no notion” may generally be traced to bad management, to stuffing him with food, and thus giving him a disinclination to take the nipple at all?

29. *How often should a mother suckle her infant?*

A mother generally suckles her infant too often—having him almost constantly at the breast.—This practice is injurious both to parent and to child.—The stomach requires repose, as much as any other part of the body; and how can it have it, if it be constantly loaded with breast-milk?

For the first month,—the infant should be suckled about every hour and a half; for the second month,—every two hours; gradually increasing the distance of time between, as he becomes older, until, at length, he has it about every four hours.

If an infant were suckled at stated periods, he would only look for the breast at those times, and be satisfied. —A mother is frequently in the habit of giving the child the breast every time he cries—regardless of the cause. The cause too frequently is,—that he has been too-often suckled—his stomach has been overloaded; the little fellow is consequently in pain—and he gives utterance to it by cries. How absurd is such a practice! We may as well endeavour to put out a fire by feeding it with fuel! an infant should be accustomed to regularity in everything;—in times for suckling, for sleeping, &c. No children thrive as well as those who are thus early taught.

30. *Where the mother is MODERATELY strong, do you advise, that the infant should have any other food than the breast?*

Artificial food must not be given, for the first five or six months, if the parent be *moderately* strong; of course, if she be feeble, a little food will be necessary. Many delicate women enjoy better health whilst suckling, than at any other time of their lives.

31. *What food is the best substitute for a mother's-milk?*

The food that suits one infant will not agree with another. The one that I have found the most generally useful, is made as follows:—Boil the crum of bread, for two hours, in water, taking particular care, that it does not burn; then add, only a *little* lump-sugar, to make it palatable. When the child is five or six months old, mix a little new milk with it, gradually increasing the quantity as he becomes older, until it be nearly all milk, there being only enough water to boil the bread: the milk should be poured boiling hot on the bread. Or, cut thin slices of bread, into a basin, cover the bread with *cold* water, place it in an oven, for two hours, to bake; take it out, beat the bread up with a fork, and then slightly sweeten it.—This is an excellent food.—If the above should not agree with the infant, (although they

almost invariably do, if properly made,)—‘*tous-les-mois*’ may be given. Or,—Robb’s Biscuit, as it is “among the best bread compounds made out of wheat-flour, and is almost always readily digested.”—*Routh*.

Another good food is the following:—Take about a pound of flour, put it in a cloth, tie it up tightly, then put it in a saucepanful of water, and let it boil four or five hours; then, take it out, peel off the outer-rind, and the inside will be found quite dry, which grate.—Another way of preparing an infant’s food, is,—to bake flour in a slow oven until it be of a light fawn-colour.—An excellent food for a child, is—baked-crumbs-of-bread. The manner of preparing it is as follows:—Crumb some bread on a plate; put it a little distance from the fire to dry. When dry, rub the crumbs in a mortar, and reduce them to a fine powder; then pass them through a sieve. Having done which, put the crumbs of bread into a slow oven to bake, until they be of a light fawn-colour.—A small quantity of this boiled, or baked-flour, or baked-crumbs-of-bread, must be made into food, in the same way as gruel is made, and should then be slightly sweetened with lump-sugar.

Sometimes baked-flour produces constipation;—when that is the case, Mr. Appleton, of Budleigh Salterton, Devon, wisely recommends a mixture of baked flour and prepared oatmeal\*—in the proportion of two of the former and one of the latter. He says:—“To avoid the constipating effects, I have always had mixed, before baking, one part of prepared oatmeal with two parts of flour; this compound I have found both nourishing and regulating to the bowels. One tablespoonful of it, mixed with a quarter of a pint of milk, or milk and water, when well boiled, flavoured, and sweetened with white sugar, produces a thick, nourishing, and delicious food for infants, or invalids.” He goes on to remark:—“I know

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\* If there is any difficulty in obtaining *prepared* oatmeal,—Robinson’s Patent Groats will answer equally as well.

of no food, after repeated trials, that can be so strongly recommended by the profession to all mothers in the rearing of their infants, without, or with the aid of the breast, at the same time relieving them of much draining and dragging whilst nursing with an insufficiency of milk, as baked flour and oatmeal.”\*

A ninth food, may be made with ‘Farinaceous Food for Infants, prepared by Hards, of Dartford.’—A tenth, and an excellent one, may be made with rusks,† boiled for an hour in water, which should then be well beaten up, by means of a fork, and slightly sweetened with lump-sugar. Great care must be taken to select good rusks, as few articles vary so much in quality.—An eleventh is—the top-crust of a baker’s loaf, boiled for an hour in water, and then moderately sweetened with lump-sugar.—If, at any time, the child’s bowels should be costive, *raw* must be substituted for *lump* sugar.—Another capital food for an infant, is, that made by Lemann’s Biscuit Powder.‡ Or,—Brown and Polson’s Patent Corn-flour will be found suitable.—The Queen’s Cook, in his recent valuable work,§ gives the following formula for making it:—“To one dessert-spoonful of Brown and Polson, mixed with a wineglassful of cold water, add half a pint of boiling water; stir over the fire for five minutes; sweeten lightly and feed the baby; but if the infant is being brought up by the hand, this food should then be mixed with milk,—not otherwise.”

The following is a good and nourishing food for an

\* *British Medical Journal*, Dec. 18, 1858.

† Good wholesome rusks may be made from home-made bread, by merely tearing a loaf (just hot from the oven) into pieces of the usual size; and then, nicely browning them in the oven. They will take to brown—according to the heat of the oven—from a quarter to half an hour.

‡ Lemann’s Biscuit Powder cannot be too strongly recommended:—it is of the finest quality, and may be obtained of Lemann, Threadneedle Street, London.

§ *The Cook’s Guide*. By C. E. Francatelli.

infant:—Soak some *best* rice in cold water for an hour; strain, and add fresh water to the rice; then let it simmer till it will pulp through a sieve: put the pulp and the water in a saucepan, with a lump or two of sugar, and again let it simmer for a quarter of an hour; a portion of this may be mixed with one third of new milk, so as to make it of the consistence of good cream.

When the infant is five or six months old,—new milk may be added to any of the above articles of food, in a similar way to that recommended for boiled bread.

For a delicate infant,—lentil powder, better known as Du Barry's 'Revalenta Arabica,' is invaluable. It should be made into food with new-milk, in the same way that arrow-root is made, and must be moderately sweetened with loaf-sugar.—Dr. C. H. F. Routh, Physician to the Samaritan Hospital for Women and Children, who has paid great attention to discover the best food for young children, more especially the best substitute for human milk, strongly recommends lentil-powder. He says:—"Amongst the vegetable substances, that which comes closest to milk in its composition is, without doubt, lentil-powder, or, as it is called for the purpose of obtaining a better sale, Revalenta Arabica, containing both phosphoric-acid in abundance and chloride of potassium; it also includes casein, the same principle which is found in milk in its constituent parts. Moreover, its nutritive matter is to its calorific matter in the proportion of 1 to  $2\frac{1}{2}$ , milk being in that of 1 to 2. No wonder, therefore, that under its influence many children affected with atrophy and marked debility have completely recovered. I have given it with the very greatest advantage in such cases, and, so far as I may judge from my own experience, I should conclude that practice fully carries out what theory, from a knowledge of its composition, would have led us to anticipate. Lentils have also a slightly laxative effect, and therefore, in many instances, where the child is of a constipated habit, they are to be recommended."\*

\* *Medical Times and Gazette*, August 28th, 1858.

Whatever food is selected should be given by means of the nursing-bottle.

If a child's bowels be relaxed and weak, or if the motions be offensive, the milk must be boiled.—The following is a good food when an infant's bowels are weak and relaxed:—"Into five large spoonfuls of the purest water, rub smooth one dessert-spoonful of fine flour. Set over the fire five spoonfuls of new-milk, and put two bits of sugar into it: the moment it boils, pour it into the flour and water, and stir it over a slow fire twenty minutes."

I have given you a large and well-tried infant's dietary to choose from, as it is sometimes difficult to fix on one that will suit; but, remember, if you find one of the above to agree, to keep to it; as an infant requires simplicity in food; a child, a greater variety.

Let me, in this place, insist upon the necessity of great care and attention being observed in the preparation of any of the above articles of diet.—An infant's stomach is very delicate, and will revolt at ill-made, lumpy, or burnt food.—Great care must be observed as to the cleanliness of the cooking utensils.—The above directions require the strict supervision of the mother.

Broths have been recommended, but, for my own part, I think that they are objectionable for a *young* infant: they turn acid on the stomach, and cause flatulence and sickness; they disorder the bowels, and induce griping and purging.

Whatever artificial food is used, should be given by means of a bottle; not only, as it is a more natural way of feeding an infant than any other, as it causes him to suck as though he were drawing it from the mother's breast; but, as the act of sucking, causes the salivary glands to press out their contents, which materially assists digestion.—Moreover, it seems to satisfy him more than it otherwise would do.

One of the best, if not *the best* feeding bottle, I have yet seen, is that made by Morgan Brothers, 21, Bow

Lane, London. It is called "The Anglo-French Feeding Bottle."—S. Maw, of 11, Aldersgate Street, London, has, also, brought out an excellent one—"The Fountain Infant's Feeding Bottle." Another good one, is, "Mather's Infant's Feeding Bottle." Either of these three will answer the purpose admirably.—I cannot speak in terms too highly of these valuable inventions.

The food should be of the consistence of good cream, and must be made fresh and fresh. It should be given milk-warm. Attention must be paid to the cleanliness of the vessel, and care should be taken, that the milk be that of *ONE* cow,\* and that it be new and of good quality; for, if not, it will turn acid and sour, and disorder the stomach, and, will thus cause flatulence and looseness-of-the-bowels, and, perhaps, convulsions.

Very little sugar must be used in the food, as much sugar weakens the digestion. A small pinch of table-salt should be added to whatever food is given. Table-salt is most wholesome—it strengthens and assists digestion, prevents the formation of worms, and, in small quantities, may be given (if artificial food be used) to the youngest infant.

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\* I consider it to be of immense importance to the infant,—that the milk be had from *ONE* cow. A writer in the *Medical Times and Gazette*, speaking on this subject, makes the following sensible remarks:—"I do not know if a practice common among French ladies, when they do not nurse, has obtained the attention among ourselves which it seems to me to deserve. When the infant is to be fed with cow milk, that from various cows is submitted to examination by the Medical man, and if possible, tried on some child, and when the milk of any cow has been chosen, no other milk is ever suffered to enter the child's lips, for a French lady would as soon offer to her infant's mouth the breasts of half-a-dozen wet-nurses in the day, as mix together the milk of various cows, which must differ even as the animals themselves, in its constituent qualities. Great attention is also paid to the pasture, or other food of the cow thus appropriated."—*December 29, 1860.*



32. *Where it is found to be absolutely necessary to give an infant artificial food* **WHILST SUCKLING**, *how often should he be fed?*

Not oftener than twice during the twenty-four hours; and, then only, in small quantities at a time; as the stomach requires rest, and, at the same time, can manage to digest a little food, better than it can a great deal.

Let me again urge upon you, the importance, if it be at all practicable, of keeping the child *entirely* to the breast for the first five or six months of his existence. Remember, there is no *real* substitute for a mother's-milk; there is no food so well adapted to his stomach; there is no diet equal to it in developing muscle, in making bone, or in producing that beautiful plump rounded contour of the limbs; there is nothing like mother's-milk **ALONE** in making a child contented and happy, in laying the foundation of a healthy constitution, in preparing the body for a long life, in giving him tone to resist disease, or in causing him to cut his teeth easily and well; in short, **THE MOTHER'S MILK IS THE GREATEST TEMPORAL BLESSING AN INFANT CAN POSSESS.**

As a general rule, therefore, when child and mother are tolerably strong, the infant is better *without artificial* food during suckling, until he has attained the age of five or six months: then it will usually be necessary to feed him twice a day; so as gradually to prepare him to be weaned (if possible) at the end of nine months. The food mentioned in the foregoing conversations will be the best for him; commencing without the cow's milk, but, gradually adding it, as less mother's milk and more artificial food be given.

33. *When the mother is not able to suckle her infant herself, what should be done?*

It must first be ascertained, **BEYOND ALL DOUBT**, that a mother is not able to suckle her own child. Many delicate females do suckle their infants with advantage, not only to their offspring, but to themselves.—“I will maintain,” says Steele, “that the mother grows

stronger by it, and will have her health better than she would have otherwise. She will find it the greatest cure and preservative for the vapours [nervousness] and future miscarriages, much beyond any other remedy whatsoever. Her children will be like giants, whereas otherwise they are but living shadows, and like unripe fruit; and certainly if a woman is strong enough to bring forth a child, she is beyond all doubt strong enough to nurse it afterwards."

Many mothers are never so well as when they are nursing; besides, suckling prevents a woman from becoming pregnant so frequently as she otherwise would. This is an important consideration if a lady be delicate; and, more especially, if she be subject to miscarry. The effects of miscarriages are far more weakening than those of suckling. Not only so, but a mother should be actuated by nobler motives :—

"What fury, hostile to our common kind,  
First led from nature's path the female mind,  
Th' ingenuous sense by fashion's laws repress,  
And to a babe denied its mother's breast?  
What! could she, as her own existence dear,  
Nine tedious months her tender burthen bear,  
Yet when at length it smil'd upon the day,  
To hireling hands its helpless frame convey?"\*

A hireling, let her be ever so well inclined, can never have the affection and the unceasing assiduity of a parent, and she therefore cannot perform the duties of suckling with equal advantage to the infant.—"It is unmerciful to see that a woman endowed with all the perfections and blessings of nature can, as soon as she is delivered, turn off her innocent, tender, and helpless infant, and give it up to a woman that is (ten thousand to one) neither in health nor good condition, neither sound in body or mind, that has neither honour nor

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\* *The Nurse*, a Poem. Translated from the Italian of Luigi Tansillo. By William Roscoe.

reputation, neither love nor pity for the poor babe, but more regard for the money than for the whole child, and never will take farther care of it than what, by all the encouragement of money and presents, she is forced to; like *Æsop's* earth, which would not nurse the plant of another ground, although never so much improved, by reason that plant was not of its own production. \*\*\* I am not ignorant but that there are some cases of necessity, where a mother cannot give suck, and then out of two evils the least must be chosen.”\*

The number of children who die under five years of age is enormous—many of them from the want of the mother's milk.—“The fact is proved,” says *Miss Martineau*, “that in England 100,000 persons die needlessly every year, and of this number 40,000 children under five years of age. Of all the infants born in England, above forty per cent. die before they are five years old. Yet, what creature is so tenacious of life as a baby? Those who know the creature best say they never despair of an infant's life while it breathes, and most of us have witnessed some recoveries which are called miraculous. There is also no creature so easily manageable as an infant, and so easily kept healthy and happy, merely by not interfering with the natural course of things. How, then, can this prodigious amount of killing go on in a country where infanticide is not an institution? It is precisely because the natural course of things is interfered with that infants die as they do. Nature provides their first food; and if they do not get it, whose fault is it? The great majority of mothers must be naturally able to nurse their own infants. Poor women do it as a matter of course; and, if gentlewomen did it as simply and naturally, that one change would largely modify the average of deaths. Gentlewomen may not be aware of this because the doctor is complaisant in bringing a wet-nurse, and the indolent mother is unaware that her own

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\* Steele.

infant probably suffers, though it does not die, from being put to the wrong breast, while it never enters her head that the nurse's baby probably dies. If, of the forty per cent. of English infants who die yearly, we could know how many are the children of wet-nurses, the fact might startle the fine ladies who suborn the mothers, and might bring no small amount of reproach on the complaisant doctors. When the kind of food is changed, nature is still far from being deferred to as she ought."\*

If it be ascertained, *past all doubt*, that a mother cannot suckle her own child, then, if the circumstances of the parents will allow—and they should strain a point to accomplish it—a healthy wet-nurse must be procured, as, of course, the food which nature has supplied is far—very far—superior to any invented by art.

Never bring up an infant, then, on *artificial* food if you can possibly avoid it. Remember, as I proved in a former conversation, there is no *real* substitute, in early infancy, for a mother's or a wet nurse's milk. It is impossible to imitate the admirable and the subtle chemistry of nature. The law of nature is,—that an infant, for the first few months of his existence, shall be brought up by the breast: and nature's law cannot be broken with impunity.†—It will be imperatively necessary then—

“To give to nature what is nature's due.”‡

Again, in case of illness occurring during the first nine months of a child's life, what a comfort the mother's, or the wet nurse's milk is to him: it often determines whether he shall live or die.

But, if a wet-nurse cannot fill the place of a mother, then,—asses' milk will be found the best substitute, as it approaches nearer to human than to any other milk: it

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\* *Medical Times and Gazette*, Sept. 10, 1859.

† For further reasons, why artificial food is not desirable, at an early period of infancy, see answer to 32nd question, p. 22.

‡ *The Nurse*, a Poem.

must be given by means of a feeding-bottle, and should be fresh from the animal.

If asses' milk cannot be procured, then, the following must be given from the very commencement :—

New-milk, the produce of ONE *healthy* cow,

Warm-water, of each equal parts ;

Table-salt,\* a few grains ;

Lump-sugar, a sufficient quantity, to slightly sweeten it.

The milk itself must not be heated over the fire,† but should be warmed by the water, as above directed : it must be had fresh and fresh, morning and evening. The milk and water should be of the same temperature as the mother's-milk—that is to say—at about ninety to ninety-five degrees Fahrenheit. It should be given by means of Morgan's, or Maw's, or Mather's feeding-bottle;‡ and care must be taken, to *scald* the bottle out twice a day : for the delicate stomach of an infant is soon disordered if attention be not paid to this point. As the child grows older, the milk must be gradually increased, and the water decreased, until nearly all milk be given.

There will, in many cases, be quite sufficient nourishment in the above ; I have known some robust infants brought up on it alone. But, if it should not agree with the child, or, if there should not be sufficient nourishment in it,—then the food, recommended in answer to No. 31 question, must be given ; with this only difference—a little new-milk must be added from the beginning, and should be gradually increased, until nearly all milk be used.

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\* Liebig, the great chemist, asserts that a small quantity of table-salt to the food is essential to the health of children.

† It now and then happens, if the milk be not boiled, that the motions of an infant are offensive ; *when such is the case*, let the milk be boiled, but not otherwise.

See answer to question 31, page 20.

As a general rule, the milk should be *unboiled*; but, if it purge violently, or cause offensive motions—which it sometimes does—then, it must be boiled. The moment the milk boils up, it should be taken off the fire.

Food should be given, for the first month, about every two hours; for the second month, about every three hours; lengthening the space of time, as the infant advances in age. A mother must be careful not to over-feed a child, as over-loading an infant's stomach is a prolific source of disease.

34. *How would you choose a wet-nurse?*

I would inquire particularly into the state of her health;—whether she be of a healthy family, of a consumptive habit, or, if she or any of her family have laboured under 'king's-evil;'—ascertaining, if there be any seams or swellings about the neck;—any eruptions or blotches upon the skin;—if she has a plentiful breast of milk, and if it be of good quality\* (which may be ascertained by milking a little into a glass);—if she has good nipples, sufficiently long for the child to hold;—that they be not sore:—and, if her child be of the same age, or nearly so, as the one you wish her to nurse. Ascertain whether she menstruates during suckling: if she does, the milk is not so good and nourishing, and you had better decline taking her.† Assure yourself, that her own child is strong and healthy, and that he is free from sore-mouth and from eruptions.—Indeed, if it be possible to procure such a wet-nurse—she should be from the

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\* "It should be thin, and of a bluish-white colour; sweet to the taste; and when allowed to stand, should throw up a considerable quantity of cream."—*Maunsell and Evanson, on the Diseases of Children.*

† Sir Charles Locock considers that a female who menstruates during lactation is objectionable as a wet-nurse, and "that as a mother with her first child is more liable to that objection, that a second or third child's mother is more eligible than a first."—*Letter to the Author.*

country; of ruddy complexion; of clear skin; and of between twenty and five-and-twenty years of age,—as the milk will then be fresh, pure, and nourishing.

I consider it to be of great importance, that the infant of the wet-nurse should be, as nearly as possible, of the same age as your own, as the milk varies in quality according to the age of the child. For instance,—during the commencement of suckling, the milk is thick and creamy, similar to the biestings of a cow, which, if given to an infant of a few months old, would cause derangement of the stomach and the bowels. After the first few days, the appearance of the milk changes; it becomes of a bluish-white colour, and contains less nourishment. The milk gradually becomes more and more nourishing as the infant becomes older and requires more support.

35. *What should be the diet of a wet-nurse, or, of a mother, who is suckling?*

It is a usual practice to cram a wet-nurse with food, and to give her strong ale to drink, to make good nourishment and plentiful milk! This practice is absurd; for, it either, by making the nurse feverish, makes the milk more sparing than usual, or, it causes the milk to be gross and unwholesome. On the other hand, we must not run into an opposite extreme. The mother, or the wet-nurse, by using those means most conducive to her own health, will best advance the interest of the infant.

A wet-nurse should live somewhat in the following way:—Let her have black-tea for her breakfast, with one or two slices of cold meat, if her appetite demand it, but not otherwise. It is customary for a wet-nurse to make a hearty luncheon: of this I do not approve. If she feel faint or low at eleven o'clock, let her have a tumbler of porter, or of mild fresh ale, with a piece of dry toast soaked in it. A nurse should not dine later than half-past one or two o'clock; she should eat, for her dinner, mutton or beef, with mealy potatoes, asparagus, French-beans, broccoli, or cauliflower, and stale bread. Rich

pastry, soups, gravies, high-seasoned dishes, salted-meats, greens, and cabbage, must be carefully avoided, as they only tend to disorder the stomach, and thus to deteriorate the milk.

It is a common remark, that “a mother who is suckling may eat anything.”—I do not agree with this opinion.—Can impure or improper food make pure and proper milk, or, can impure or improper milk make good blood for an infant, and thus good health?

The wet-nurse may take a moderate quantity of sound porter, or of mild (but not old or strong) ale, with her dinner. Tea should be taken at half-past five or six o'clock; supper at nine; which should consist of a slice or two of cold meat, or of cheese if she should prefer it, with half a pint of porter or mild ale: occasionally, a basin of gruel may be substituted, with advantage. Hot and late suppers are prejudicial to the mother, or wet-nurse, and, consequently, to the child. The wet-nurse must be in bed every night by ten o'clock.

It may be said, that I have been too minute and too particular in my rules for a wet-nurse; but, when it is considered of what importance good milk is to the well-doing of an infant, in making him strong and robust, not only now, but as he grows up to manhood, I shall, I trust, be excused for my prolixity.

36. *Have you any more hints to offer with regard to the management of a wet-nurse?*

A wet-nurse is frequently allowed to remain in bed until a late hour in the morning; and to continue in the house during the day, as if she were a fixture! How is it possible, that any one, under such treatment, can continue healthy?

A wet-nurse must rise early and take a walk, if the weather and the season will permit; which will give her an appetite for her breakfast, and will make a good meal for her little charge.—Of course, this cannot be done during the winter months; but, even then, she must take every opportunity of walking out some part of the



day; indeed, in the summer time, she should live half her time in the open air.

She must strictly avoid crowded rooms: her mind should be kept calm and unruffled, for nothing disorders the milk so much as passion, or any other violent emotion of the mind; a fretful temper is very injurious in a wet-nurse; on which account, you must endeavour, in choosing your wet-nurse, to procure one of a mild, calm, and placid disposition.\*

37. *Have the goodness to state at what age a child should be weaned?*

This, of course, must depend upon the strength of the child, and upon the health of the parent: on an average, —nine months is the proper time. If the mother is delicate, it may be found necessary to wean the infant at six months; or, if he is weak, or labouring under any disease, it may be well to continue suckling him for twelve months; but, after that time, the breast will do him more harm than good, and will, moreover, injure the mother's health, and may, if she be so predisposed, excite consumption.

38. *How would you recommend a mother to act when she weans her child?*

She must do it gradually, as the word signifies—that is to say—she should, by degrees, give him less and less of the breast, and more and more of artificial food; at length, she must only suckle him at night; and, lastly, it would be well for the mother either to send him away,

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\* “‘The child is poisoned.’

‘Poisoned! by whom?’

‘By you. You have been fretting.’

‘Nay, indeed, mother. How can I help fretting?’

‘Don’t tell me, Margaret. A nursing mother has no business to fret. She must turn her mind away from her grief to the comfort that lies in her lap. Know you not that the child pines if the mother vexes herself?’—*The Cloister and the Hearth.*  
By Charles Reade.

or to leave him at home, and to go away herself for a few days.

A good plan is,—for the nurse-maid to have a half-pint bottle of new-milk—which has been previously boiled\*—in the bed, so as to give a little to the child, in lieu of the breast.—The warmth of the body will keep the milk of a proper temperature, and will supersede the use of lamps, of candle-frames, and of other troublesome contrivances.

39. *While a mother is weaning her infant, and after she has weaned him, what should be his diet?*

Any of the food recommended in answer to question 31, page 16.

40. *If a child be suffering severely from "wind," is there any objection, to the addition of a small quantity of gin or of peppermint to his food, to disperse it?*

It is a murderous practice to add gin, or peppermint of the shops (which is oil of peppermint dissolved in spirits) to the food. Many children have been made puny and delicate, and have gradually dropped into an untimely grave, by such practice. An infant who is kept entirely to the breast—more especially, if the mother be careful in her own diet—seldom suffers from "wind;" those, on the contrary, who have much, or improper, artificial food,† suffer severely.

Care in feeding, then, is the grand preventive of "wind;" but, if, notwithstanding all your precautions, the child be troubled with flatulence, the remedies recommended, under the head of Flatulence, will generally answer the purpose.

41. *Have you any remarks to make on sugar for sweetening an infant's food?*

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\* The previous boiling of the milk will prevent the warmth of the bed turning the milk sour, which it would otherwise do.

† For the first five or six months never give artificial food to an infant who is sucking, if you can possibly avoid it. There is nothing that agrees, in the generality of cases, like the mother's-milk ALONE.

A *small* quantity of sugar in infants' food is requisite—sugar being nourishing and fattening—and making cows' milk to resemble somewhat human milk in its properties. But, bear in mind, *it must be used sparingly*. *Much* sugar cloyes the stomach, weakens the digestion, produces acidity, sour belchings, and wind.

#### VACCINATION.

42. *Are you an advocate for vaccination?*

Certainly.—I consider it to be one of the greatest blessings ever conferred upon mankind. Before vaccination was adopted, small-pox ravaged the country like a plague, and carried off thousands annually; and, those who did escape with their lives, were frequently made loathsome and disgusting objects by it. Even inoculation (which is cutting for the small-pox) was attended with danger—more especially to the unprotected—as it caused the disease to spread like wildfire, and thus it carried off immense numbers.

The value of vaccination and the merits of Dr. Jenner are so justly, forcibly, and beautifully demonstrated in a late number of the *Gloucester Journal*, that I cannot do better than lay passages before you:—"There is something, in the progress of the discovery of vaccination, so indicative of the surpassing genius and sagacity of the author, and, in its final development and promulgation, so much that betokens the humility, the benevolence, and the disinterestedness of his nature, that we cannot but regard him as one of those highly favoured individuals whom it pleases Providence now and then to select as the medium through which relief is vouchsafed to the miseries of mankind. The plague which he essayed to stay was universal in its ravages. Other scourges are confined to certain latitudes, or rage only during particular seasons; but time nor place restrained the all-devouring enemy which it was his aim to subdue. There is reason to believe that small-pox has existed in the east, espe-

cially in China and Hindostan, for several thousand years. It did not visit the more western nations till towards the middle of the sixth century; it then broke out near Mecca, immediately before the birth of Mahomet. It was afterwards gradually diffused over the whole of the old world, and was finally transported to the new, shortly after the death of Columbus. In the British Islands alone, it has been computed that forty thousand individuals perished annually by this disease! It killed one in fourteen of all that were born, and one in six of all that were attacked by it in the natural way. The introduction of inoculation for small-pox was productive of great benefit to all who submitted to the operation; but though it augmented the individual security, it is a well-ascertained fact that it added to the general mortality by multiplying the sources of contagion, and thereby increasing the number of those who became affected with the natural distemper. All who have not yet duly appreciated the benefits which vaccination has conferred on mankind, may do well to meditate for a while on this picture. Let them look on the loathsomeness and dangers of small-pox in its most mitigated form; let them consider that this disease has been banished from some countries, and, with due care, might be eradicated from all; let them remember that, notwithstanding prejudices, carelessness, and ignorance, millions now live who, but for vaccination, would have been in their graves. To have anticipated such results from human agency would, at no remote period, have been considered the most chimerical of all imaginations. We have, nevertheless, seen them realised. The time in which they occurred will for ever be marked as an epoch in the physical history of man; and England, with all her glories, may well rejoice that she has to number Jenner among her sons."

The following masterly sketch of the value of vaccination is from the pen of the Editor of the *Lancet*:—  
"In the beginning of the year 1856, there broke out in

the city of Cork an epidemic of small-pox. It raged throughout the city; yet the poor, whether ignorant, superstitious, or callous, would not bring their children to be vaccinated. All the efforts of the clergy failed to induce them; and all the unremitting attention of the medical men at the different local institutions failed to check the progress of the disease. At last the Arch-deacon of Cork devoted his energies with noble philanthropy and wise forethought to collecting a fund for the appointment of a public vaccinator to visit from house to house, and overcome the prejudices of the ignorant. Dr. Sandham accepted the appointment, and fulfilled his task with admirable zeal. On the 8th of March, when he began his labours, the disease was raging in every lane and alley. In sixteen days he vaccinated 2474, and in three weeks after the commencement of his mission, he traversed the whole city, and found no case that needed vaccination, even in the districts first visited. The energetic course pursued had stayed the plague, which during the previous two months had gradually gained ground in spite of every effort, and attained a frightful intensity. From the report of Dr. Sandham we learn, that of 102 cases admitted into the hospital, one third of the non-vaccinated died; of the vaccinated, there died only one case. Of 121 cases in the workhouse, one third also died; and the medical officers state that, notwithstanding the exposure of all classes to the contagion, it never spread amongst the vaccinated, nor were any of the nurses or attendants affected.”\* Dr. Brown in his recent little work on *Health* has made a powerful address to parents on the importance of having *every* child vaccinated. He says,—“Let me put you in mind, seriously, of one thing that you ought to get done to all your children, and that is, to have them vaccinated, or inoculated with the cow-pock. The best time for this is two months after birth, but better late than never, and in

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\* *The Lancet*, May 16, 1857.

these times you need never have any excuse for its not being done. . . . It is a real crime, I think, in parents to neglect this. It is cruel to their child, and it is a crime to the public. If every child in the world were vaccinated, which might be managed in a few years, that loathsome and deadly disease, the small-pox, would disappear from the face of the earth; but many people are so stupid, and so lazy, and so prejudiced, as to neglect this plain duty, till they find to their cost that it is too late. So promise me all seriously in your heart, to see to this if it is not done already, and to see to it immediately.”\*

43. *But vaccination does not always protect a child from small-pox?*

I grant you it does not *always* protect it from taking small-pox,—*neither does inoculation*; but, when he is vaccinated, if he take the infection, he is seldom pitted, and very rarely dies; and the disease assumes a comparatively mild form. There are a few—very few—fatal cases recorded after vaccination; but these may be considered only as exceptions to the general rule: and, possibly, some of these may be traced to the arm not having taken proper effect when the child was vaccinated.—“But although (says Dr. West) we should take a comparatively low estimate of the value of vaccination, and confess to the fullest extent the failure in its *complete* preservative virtue, we shall yet find, in the modifying and mitigating influence which it exerts over small-pox, more than enough to make us value it as a priceless boon. Twenty years ago, small-pox raged epidemically at Marseilles, where it attacked almost exclusively persons under thirty years of age. M. Favart,† who sent an account of this epidemic to the Academy of Medicine at Marseilles, estimated the number of the inhabitants of

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\* *Health.* By John Brown, M.D. Edinburgh: Alexander Strahan & Co.

† As reported by Steinbrenner.

that city under thirty years of age, at 40,000. Of these, about 30,000 had been vaccinated, 2,000 had had small-pox casually or by inoculation, and 8,000 had had neither small-pox nor cow-pox. Of this class, 4,000, or one in two, were attacked by small-pox, and 1,000 of them, or one in four, died. Of those who had had small-pox previously, only 20, or one in 100, were again affected; but four of these, or one in five, died; while of the vaccinated, although 2,000, or one in fifteen, had it, yet it proved fatal only to 20, or one per cent."

If children, or adults, were re-vaccinated—say—in twelve years after the first vaccination,—depend upon it, even these rare cases would not occur, and in a short time, small-pox would only be known by name.

44. *Then, do you consider it the imperative duty of a parent, in all cases, to have her children vaccinated a SECOND time after the lapse of twelve years?*

I do, decidedly.—Dr. West remarks:—"Different views have been taken by very high authorities upon this subject; but there is one important fact, concerning which nearly all are agreed—namely, that the liability to a subsequent attack of small-pox is almost incalculably diminished by re-vaccination. Considering, then, how simple the operation is, and how nearly painless its performance, while the benefit to be obtained by it is so inestimable, I would strongly urge you to re-vaccinate all persons turned twelve years old, even though they had been vaccinated with the most complete success in their infancy."\* If there be an epidemic in the neighbourhood, there is no objection, but on the contrary great safety, in vaccinating a child as often as it may occur.

45. *Are you not likely to take, not only the cow-pox, but any other disease that the child has from whom the matter is taken?*

The same objection holds good in cutting for small-

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\* "For facts showing the preservative influence of re-vaccination, see Steinbrenner, *Traité sur la Vaccine*, Paris, 1846."

pox (inoculation)—only in a tenfold degree—small-pox being such a disgusting complaint.—Inoculated small-pox frequently produced inveterate eruptions of the skin, sore-eyes, blindness, loss of eyelashes, scrofula; indeed, a long catalogue of loathsome diseases. Of course, a Medical man will be careful to take the cow-pock matter from a healthy child.

46. *Would it not be well to take the matter direct from the cow?*

If a Doctor be careful—which of course he will be—to take the matter from a healthy child, and from a well-formed vesicle, I consider it better than taking it *direct* from the cow, for the following reasons:—The cow-pock lymph, taken direct from the cow, produces much more violent symptoms, than after it has passed through several persons; indeed, in some cases, it has produced effects as severe as cutting for the small-pox; besides, in many cases, it has caused violent inflammation and sloughing of the arm.—There are, also, several kinds of spurious cow-pox\* to which the cow is subject, and which would be likely to be mistaken for the real lymph.—Again, if even the *genuine* matter were not taken from the cow *exactly* at the proper time, it would be deprived of its protecting power.

47. *At what age do you recommend an infant to be first vaccinated?*

From seven weeks to two months old; as, the sooner an infant be protected the better.—Moreover, the older he is, the greater will be the difficulty in making him submit to the operation, and in preventing the arm from being rubbed; thus endangering the breaking of the vesicles, and thereby interfering with its effects. If small-pox be prevalent in the neighbourhood, the infant may be vaccinated at the month's end, with perfect safety; indeed, if the small-pox be near at hand, he **MUST** be vaccinated—

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\* Dr. Heim asserts that there are five varieties of spurious cow-pox.



regardless of his age and regardless of everything else: for small-pox spares neither the young nor the old;—and if the new-born infant should unfortunately take the disease, he will most likely die,—as, at his tender age, he would not have strength to battle with such a formidable enemy.—“A case in the General Lying-in Hospital, Lambeth, of small-pox occurred in a woman a few days after her admission, and the birth of her child.—Her own child was vaccinated when only four days old, and all the other infants in the house, varying from one day to a fortnight and more.—All took the vaccination and the woman’s own child, which suckled her and slept with her, and all escaped the small-pox.”\*

48. *Do you consider that the taking of matter from a child’s arm weakens the effect of vaccination on the system?*

Certainly not, provided it has taken effect in more than one place. The arm is frequently much inflamed, and vaccinating other children from it, abates the inflammation, and thus affords the child relief. IT IS WELL ALWAYS TO LEAVE ONE VESICLE UNDISTURBED.

49. *If the infant has any breaking out upon the skin, should that be a reason for deferring the vaccination?*

It must, as two skin diseases cannot well go on together; hence, the cow-pox might not take, or, if it did, might not have its proper effect in preventing small-pox.—“It is essential that the vaccine bud or germ have a congenial soil, uncontaminated by another poison, which, like a weed, might choke its healthy growth.”† The moment the skin be free from the breaking out, he must be vaccinated. A trifling skin-affection—like red-gum—unless it be severe, should not prevent vaccination at the proper age. If small-pox be rife in the neighbourhood, the child MUST be vaccinated, regardless of ANY eruption on the skin.

50. *Does vaccination make a child poorly?*

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\* Communicated by Sir Charles Locock to the Author.

† Dendy. *Lancet*, October 25th, 1851.

At about the eighth day after vaccination, the child is, generally, a little feverish; the mouth is slightly hot, and he delights to have the nipple in his mouth; he does not rest so well at night; he is rather cross and irritable; and, sometimes, has a slight bowel-complaint. The arm, about the ninth or tenth day, is usually much inflamed—that is to say, it is red, hot, and swollen—for an inch or two around the vesicles, and continues in this state for a day or two, at the end of which time the inflammation gradually subsides.

51. *Do you approve of giving the infant medicine, either during or after vaccination; more especially, if he be a little feverish?*

No:—as it would be likely to work off some of its effects, and thus would rob the cow-pox of its efficacy on the system. I do not like to interfere with vaccination IN ANY WAY WHATEVER (except to take a little matter from the arm at the proper time),—but to allow the pock to have full power upon the constitution.

What do you give the medicine for? If the matter, that is put into the arm, be healthy, what need is there of physic? And if the matter, be not of good quality, I am quite sure, that no physic will make it so!—Therefore, look at the case in whatever way you like, physic after vaccination is NOT necessary; but, on the contrary, hurtful.—If he be slightly feverish, it will subside in two or three days, without the administration of a particle of medicine.

52. *Have you any directions to give respecting the arm AFTER vaccination?*

The only precaution necessary is,—to take care that the arm be not rubbed; otherwise, the vesicles may be prematurely broken, and the efficacy of the vaccination may be lessened.

The sleeve, in vaccination, must be large and soft, and should *not* be tied up.—The tying up of a sleeve, makes it hard, and is much more likely to rub the vesicles than if it were put on in the usual way.

53. *If the arm be much inflamed AFTER vaccination, what should be done?*

Smear a little cream on the inflamed part, frequently, by means of a feather or a camel's-hair brush. This simple remedy will afford great relief and comfort.

54. *Have the goodness to describe the proper appearance of the arm, after the falling-off of the scab?*

"A perfect vaccine scar should be of small size, circular, and marked with radiations and indentations."\*

#### DENTITION.

55. *At what time does dentition commence?*

The period at which it commences is uncertain. As a rule, it may be said,—that an infant begins to cut his teeth at seven months old.—Some have cut teeth at three months; indeed, there are instances on record of infants having been born with teeth.—King Richard the Third is said to have been an example.—Shakespeare notices it thus:—

"YORK.—Marry, they say my uncle grew so fast  
That he could gnaw a crust at two hours old;  
'Twas full two years ere I could get a tooth.  
Grandam, this would have been a biting jest."

*Act 2, sc. 5.*

"The younger Pliny states that the renowned Marius Curius, consul of the Roman republic, two hundred and seventy years before our era, had a full set of teeth at birth. This was the reason of his being named Dentatus. The same author mentions the case of Papyrius, and of a lady, named Valeria, who had all their teeth at birth. Zoroaster, the Persian legislator, is also reported to have had all his teeth at birth. . . . Louis XIV of France, whom some writers call 'the great,' because he lived contemporaneously with some great men of his country, was born with two teeth; as was also his

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\* Dr. George Gregory.

Secretary of State, Cardinal Mazarin.”\* When an infant is born with teeth, they generally drop out. On the other hand, teething, in some children, does not commence until they are eighteen months or two years old; and, in rare cases, not until they are three years old.—“ Sometimes the teeth appear at a later period than the normal ones. Van Swieten gives the case of a girl whose osseous system was well developed, and health perfect, but who had no teeth before the nineteenth month. Rayzer relates the case of a girl who got her four temporary canine teeth when thirteen years old; Fauchard, that of a child from five to six years who had a few incisors [front cutting-teeth] only.”† There are cases recorded of adults who have never cut any teeth,—an instance of the kind came under my own observation.

Dentition has been known to occur in old age.—A case is recorded by M. Carre, in the *Gazette Médicale de Paris* (Sept. 15, 1860), of an old lady, aged eighty-five, who cut several teeth after attaining that age!

56. *What is the number of the FIRST set of teeth, and in what order do they generally appear?*

The first or temporary set consists of twenty.—The first set of teeth are usually cut in pairs.—“ I may say that nearly invariably the order is,—1st., the lower front incisors [cutting-teeth]; then, the upper front; then, the upper two lateral incisors; and that, not uncommonly, a double tooth is cut before the two lower laterals; but, at all events, the lower laterals come 7th. and 8th. and not 5th. and 6th. as nearly all books on the subject testify.”‡ Then the first grinders in the lower-jaw, afterwards the first upper-grinders, then the lower corner pointed or canine-teeth, after which, the upper corner or eye-teeth, then the second-grinders in the lower-jaw, and lastly, the second grinders of the upper-jaw. Of course, they do not

\* *On Dentition.* By Dr. Jacobe, of New York. *British Medical Journal*, June 15th, 1861.

† *Ibid.*

‡ Sir Charles Locock, in a *Letter* to the Author.

always appear in this rotation: nothing is more uncertain than the order of teething. A child seldom cuts his second-grinders until after he is two years old. *He is, usually, two years in cutting his first set of teeth from the time they first appear*; therefore, as a rule, a child of two years old has sixteen, and, one of two-years-and-a-half old, twenty teeth.

57. *If a child be feverish, or irritable, or otherwise poorly, and if the gums be hot, swollen, and tender, are you an advocate for their being lanced?*

Certainly, as, by doing so, the child will, in the generality of instances, be almost instantly relieved.

58. *But it has been stated that lancing the gums hardens them?*

This is a mistake—it has a contrary effect.—It is a well-known fact,—that a part which has been divided gives way more readily than one which has not been lanced. Again,—the tooth is bound down by a tight membrane, which, if not released by lancing, frequently brings on convulsions.—It may be necessary, if the symptoms be urgent, to repeat the lancing from time to time.

Of course, it would be the height of folly to lance the gums unless they be hot and swollen, and unless the tooth, or the teeth, be near at hand.—It is not to be considered a panacea for every infant's ill; although, in those cases, where the lancing of the gums is desirable, the beneficial effect is, sometimes, almost magical.

59. *How should the lancing of a child's gums be performed?*

Of course, the proper person to lance an infant's gums is a Medical man. But, if perchance, you should be miles away and out of the reach of one, it would be well for you to know how the operation should be performed. Well, then, let the child lie upon his back, on the nurse's lap, and let the nurse take hold of his hands, in order that he may not interfere with the operation.

Then, *if it be the upper-gum that requires lancing*,—you go to the head of the child, looking over, as it were,

and into his mouth, and steady the gum with the index-finger of your left hand; then, you should take hold of the gum-lancet with your right hand—holding it as if it were a table-knife at dinner—and cut firmly along the inflamed and swollen gum, and down to the tooth, until the edge of the gum-lancet grates on the tooth.—Each incision must extend along the ridge of the gum to about the extent of each expected tooth.

*If it be the lower-gum* that requires lancing,—you must go to the side of the child, and steady the side of the jaw with the fingers of the left hand, and the gum with the left thumb, and then you must perform the operation as before directed.

Although the lancing of the gums requires a long description to make it intelligible to a non-professional person, it is, in point of fact, a simple affair, is soon performed, and gives but little pain.

60. *If teething causes convulsions, what must be done?*

The first thing to be done (after sending for a Medical man) is,—to freely dash cold water upon the face, and, as soon as warm water can be procured, to put the child into a warm bath\* of 98 degrees Fahrenheit.—If a thermometer be not at hand,† the mother must plunge her own elbow into the water: a comfortable heat for the elbow will be the proper heat for the infant.—The child must remain in the bath for a quarter of an hour, or, until the fit be at an end. After coming out of the bath, the body must be wiped with a coarse towel; he should then be placed in a warm blanket. The gums must be lanced, and cold water should be applied to the head. A clyster, composed of table-salt, olive-oil, and warm oatmeal gruel—in the proportion of one table-spoonful of salt, one of oil, and a teacupful of gruel—must then be administered, and should be repeated every

\* For the precautions to be used in putting a child into a warm-bath, see the answer to question on “Warm Baths.”

† No family, where there are young children, should be without Fahrenheit's thermometer.

quarter of an hour, until the bowels have been well opened : as soon as he comes to himself, a dose of aperient medicine should be given.

61. *A nurse is in the habit of giving a child, who is teething, coral, or ivory, to bite : do you approve of the plan ?*

I think it a bad practice to give him any hard unyielding substance, as it tends to harden the gums, and, by so doing, causes the teeth to come through with greater difficulty. I have found softer substances—such as a piece of wax-taper, an India-rubber ring, a piece of the best bridle-leather, or a crust of bread—of great service. The pressure of any of these excites a more rapid absorption of the gum, and thus causes the tooth to come through more easily and quickly.

62. *A child who is teething dribbles, and thereby wets his chest, which frequently causes him to take cold : what had better be done ?*

Have several flannel dribbling-bibbs in readiness to put on, so that they may be changed as often as they become wet ; or, if he dribble *very much*, the oiled-silk dribbling-bibbs may be used, instead of the flannel ones, and which may be procured at any baby-linen warehouse.

63. *Do you approve of giving a child much fruit during teething ?*

No : unless it be a few ripe strawberries or raspberries, or a roasted-apple, or the juice of two or three grapes—taking care that he does not swallow the seeds or the skin,—or the inside of a ripe gooseberry, or an orange.—Such fruits will be particularly useful if the bowels be in a costive state.

All stone-fruits, *raw* apples or pears, must be carefully avoided, as they not only disorder the stomach and the bowels—causing convulsions, gripings, &c.—but they have the effect of weakening the bowels, and thus of engendering worms.

64. *Is a child more subject to disease during teething ? and, if so, to what complaints ? and, in what manner may they be prevented ?*

The teeth are a fruitful source of suffering and of disease; and, are, with truth, styled, "our first and our last plagues." Dentition is the most important period of a child's life, and is the exciting cause of many infantile diseases; therefore, during this period, he requires constant and careful watching. When we consider—how the teeth elongate and enlarge in the infant's gums, pressing on the nerves and on the surrounding parts, and thus, how frequently they produce pain, irritation, and inflammation;—when, we further contemplate, what sympathy there is in the nervous system, and how susceptible the young are to pain,—no surprise can be felt at the immense disturbance, and the consequent suffering and danger frequently experienced by children, while cutting their FIRST set of teeth.

The complaints, or the diseases, induced by dentition are numberless, affecting almost every organ of the body:—the *brain*, occasioning convulsions, water-on-the-brain, &c. ;—the *lungs*, producing inflammation, cough, &c.;—the *stomach*, exciting sickness, flatulence, acidity, &c.;—the *bowels*, inducing griping; at one time, costiveness, and at another time, purging ;—the *skin*, causing eruptions.

To prevent these diseases,—means must be used to invigorate a child's constitution—by plain, wholesome food, as recommended under the article of diet; by exercise and fresh air;\* by allowing the child—weather permitting—to be out of doors a great part of every day; by lancing the gums when they are red and swollen;

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\* The young of animals seldom suffer from cutting their teeth:—and what is the reason? Because they live in the open air and take plenty of exercise; while children are frequently cooped up in close rooms, and are not allowed the free use of their limbs. The value of fresh air is well exemplified in the Registrar-General's Report for 1843: he says that, in 1,000,000 deaths, from all diseases, 616 occur in the town from teething, while 120 only take place in the country from the same cause.



by attention to the bowels—if the child suffer more than usual, by keeping them rather in a relaxed state by any simple aperient, such as—castor-oil, magnesia-and-rhubarb, &c.;—and, let me add, by attention to the temper;—many children are made feverish and ill by petting and spoiling them. On this subject, I cannot do better than refer you to an excellent little work, entitled Abbot's *Mother at Home*, wherein the author proves the great importance of *early training*.

65. *Have the goodness to describe the symptoms and the treatment of Painful Dentition?*

Painful dentition may be divided into two forms—the mild and the severe.—In the *mild* form, the child is peevish and fretful, and puts his fingers, and everything within his reach, to his mouth; he likes to have his gums rubbed; and takes the breast with avidity; indeed, it seems a greater comfort to him than ever. There is, generally, a considerable flow of saliva, and, he has, frequently, a more loose state of bowels than usual.

Now, with regard to the more *severe* form of painful dentition:—The gums are red, swollen, and hot, and he cannot bear to have them touched, without expressing pain,—hence, if he be at the breast, he is constantly loosing the nipple. There is dryness of the mouth; although before, there had been a great flow of saliva.—He is feverish, restless, and starts in his sleep.—His face is flushed.—The head is heavy and hot.—He is sometimes convulsed.\*—He is, frequently, violently griped and purged, and suffers severely from flatulence.—He is predisposed to many and severe diseases.

The *treatment*, of the *mild* form, consists of friction of the gums with the finger with a little “soothing syrup,” as recommended by Sir Charles Locock;† a

\* See answer to Question 60.

† “‘Soothing syrup.’—Some of them probably contain opiates, but a perfectly safe and useful one is a little Nitrate of Potass in Syrup of Roses—one scruple to half an ounce.”—*Communicated by Sir Charles Locock to the Author.*

tepid-bath of about 92 degrees Fahrenheit, every night at bed-time; attention to diet and bowels; fresh air and exercise.—For the mild form, the above plan will usually be all that is required. If the child dribble, and the bowels be relaxed, so much the better: the flow of saliva, and the increased action of the bowels afford relief, and, therefore, must not be interfered with. In the *mild* form, lancing of the gums is not desirable.—The gums must not be lanced, unless the teeth be near at hand, and, unless, the gums be red, hot, and swollen.

In the *severe* form, a Medical man should be consulted early, as more energetic remedies will be demanded:—that is to say—the gums will require to be freely lanced; warm-baths to be used; and medicines to be given,—to ward off mischief from the head, the chest, and the stomach.

If you are living in the town, and your child suffers much from teething, take him into the country.—It is wonderful, what change of air to the country will often do, in relieving a child who is painfully cutting his teeth.—In London, the mortality of deaths, from teething, is frightful; in the country, it is comparatively trifling.

66. *Should a child be purged during teething, or indeed, during any other time, do you approve of absorbent or astringent medicines to restrain it?*

Certainly not:—I should look upon the relaxation as an effort of nature to relieve itself.—A child is never purged without a cause; that cause, in the generality of instances, is the presence of some undigested food, acidity, or depraved motions that want a vent.

In such a case, the better plan is,—to give a dose of aperient medicine, such as castor-oil, or magnesia-and-rhubarb; and thus work it off. IF WE LOCK UP THE BOWELS, WE CONFINE THE ENEMY, AND THUS PRODUCE MISCHIEF.\* If a child be purged more than

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\* "I should put this in capitals, it is so important and so often mistaken."—C. L.

usual, attention should be paid to the diet—if it be absolutely necessary to give him artificial food while suckling,—and care must be taken, not to overload the stomach.

67. *A child is subject to a slight cough during dentition—called by nurses ‘tooth-cough’—which a parent would not consider of sufficient importance to consult a Doctor about: pray tell me,—is there any objection to a mother giving her child a small quantity of syrup-of-poppies, or of paregoric, to ease it?*

A cough is an effort of nature to bring up any secretion from the lining membrane of the lungs,—hence, it must not be interfered with.—I have known the administration of syrup-of-poppies, or of paregoric, to stop the cough, and thereby to prevent the expulsion of the phlegm, and thus to produce inflammation-of-the-lungs.—Moreover, paregoric and syrup-of-poppies are dangerous medicines for a young child (unless administered by a judicious Medical man), and *must never be given by a mother.*

In the month of April, 1844, I was sent for, in great haste, to an infant, aged seventeen months, who was labouring under convulsions and extreme drowsiness from the injudicious administration of paregoric, which had been given to him to ease a cough.—By the prompt administration of an emetic, the child was saved.

68. *A child, who is teething, is subject to an eruption—more especially behind the ears—which is most disfiguring, and, frequently very annoying: what would you recommend?*

I WOULD APPLY NO EXTERNAL APPLICATION TO CURE IT, as I should look upon it as an effort of the constitution to relieve itself; and should expect if the eruption were repelled, that convulsions, or inflammation-of-the-lungs, or water-on-the-brain, would be the consequence.

The only plan, I would adopt, would be,—to be more careful in the child’s diet; to give him less meat (if he

be old enough to eat animal food), and to give him, once or twice a week, a few doses of mild aperient medicine; and, if the irritation from the eruption be great, to bathe it, occasionally, with a little warm milk-and-water, or with rose-water.

## EXERCISE.

69. *Do you recommend exercise in the open air for an infant? and if so, how soon after birth?*

I am a great advocate for his having exercise in the open air.—“The infant in arms makes known its desire for fresh air, by restlessness; it cries—for it cannot speak its wants,—is taken abroad, and is quiet.”

The age at which he should commence to take exercise, will, of course, depend upon the season, and upon the weather.—If it be summer, and the weather fine, the infant may be carried, in the open air, a week or a fortnight after birth; but, if it be winter, he must not, on any account, be taken out under the month, and not even then, unless the weather be mild for the season, and it be the middle of the day. At the end of two months, he may breathe the open air more frequently.—And after the expiration of three months, he should be carried out *every day*, even if it be wet under foot, provided it be fine above, and the wind not in an easterly, or in a north-easterly direction:—by doing so, we shall make him strong and hearty, and give the skin that mottled appearance which is so characteristic of health.—Of course, he must be well clothed.

I cannot help expressing my disapprobation of the practice of smothering up an infant's face with a handkerchief, veil, or with any other covering, when he is taken into the air.—If his face be so muffled up, he may as well remain at home; as, under such circumstances, it is impossible for him to receive any benefit from the invigorating effects of fresh air.

70. *Can you devise any method to induce an infant himself to take exercise?*

He must be encouraged to use muscular exertion; and, for this purpose, he should be frequently laid upon a rug or a carpet; he will then stretch his limbs, kick about, and enjoy himself. The following description is worthy of note:—"The baby, now nearly four months old, lay kicking and crowing on a clean-coloured quilt or nursery carpet, which was one of Anne's household treasures; and a treasure to which her babies were mainly indebted for their fine, strong, healthy limbs. This carpet deserves a mention; and, as it is within every one's reach to procure, it may not be out of place to describe it to you. First of all, Anne had sown together two or three widths of stout grey calico, and formed thereof a bag of about two yards square. This bag she had filled with oat-flights, as they are usually called, obtained for a few pence of the corn dealers, and forming a tolerably easy mattress for the purpose. The patch-work quilt was of old dresses of various colours and dates; but gay enough to please the baby. And on this quilt, secure from all harm, and from bumps, or thumps, or tumbles, the children of Mrs. Wright had passed many an hour in infancy. They had none of them those sad bent legs, so commonly seen among the children of the poor, and as commonly to be traced to bad nursing. Her children did not learn to walk very young, for the good reason that they were never tempted to do so, until they were strong enough to bear their own weight; but when they had taught themselves, and became courageous enough to leave the chair by which they practised the art, every one confessed that they stepped nobly and firmly along, and did their self-teaching credit. Now, believe me, this nursery carpet is worth your trying. A child is none the better, be it rich or poor, strong or delicate, for the constant heat of the lap or the nurse's arm. The enjoyment with which it will first kick and then crawl on the mattress, will soon convince you, if

you try the experiment, that your baby, at a very early age, likes liberty. Of course you will watch that it does not feel neglected or alone; a word or two, a smile, a little song may be required, to tell the little one that you do not forget it, and when it shows symptoms of restlessness, it should at once be taken up; but I believe, in most cases, we do too much with our babies—we do not let them rest enough, and are too anxious to keep them constantly excited and alive. German nurses and mothers are great examples to us in this respect; they teach their little ones that which we too often disturb—habits of tranquillity and patience. Even an infant needs rest for its newly-awakened faculties.”\*

How true the above remark, that “even an infant needs rest for its newly awakened faculties!” How wrong it is for a mother, or a nurse, to be exciting and rousing a new-born infant.—It is most injurious and weakening to his brain.—In the early period of an infant's existence, his time should be almost entirely spent in sleeping and sucking!

71. *Do you approve of tossing an infant much about?*

I have seen a child tossed up nearly to the ceiling! Can anything be more cruel or absurd? Violent tossing of a young infant must never be allowed; it only frightens him, and has been known to bring on convulsions.—He should be gently moved up and down (not tossed): such exercise causes a proper circulation of the blood, promotes digestion, and soothes to sleep. He must always be kept quiet immediately after taking the breast: if he be tossed *directly* afterwards, it interferes with digestion, and is likely to produce sickness.

#### SLEEP.

72. *Should the infant's sleeping-apartment be kept warm?*

The lying-in room is generally kept too warm—its

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\* *Household Tracts: Cottage Homes.*—Jarrold and Sons, London.

heat being, in many instances, more like that of an oven, than of a room.—Such a place is most unhealthy, and is fraught with danger both to mother and infant.—Of course, we are not to run into an opposite extreme, but are to keep the room at a moderate and comfortable temperature.

The door should be occasionally left ajar, in order the more effectually to change the air, and, thus, to make it more pure and sweet.

An infant should not be allowed to look at the glare of a fire, or at a lighted candle; as they tend to weaken the sight, and sometimes to bring on inflammation-of-the-eyes. In speaking to, and noticing an infant, you should always stand *before*, and not *behind* him, or it may make him squint.

73. *Should an infant lie alone from the first?*

Certainly not.—At first—say, for the first few months—he requires the warmth of another person's body—especially in the winter;—but care must be taken not to overlay him, as many infants have lost their lives from carelessness in this particular.—After the first few months, he had better lie alone, on a horse-hair mattress.

74. *Do you approve of rocking an infant to sleep?*

I do not.—If the rules of health be observed,—he will sleep soundly and sweetly without rocking; if they be not,—the rocking might cause him to fall into a feverish, disturbed slumber, but not into a refreshing, calm sleep. Besides, if you once take to that habit, he will not go to sleep without it.

75. *Then don't you approve of a rocking-chair, and of rockers to the cradle?*

Certainly not: a rocking-chair, or rockers to the cradle, may be useful to a lazy nurse, or mother, and may induce a child to sleep—but that restlessly—when he does not need sleep, or when he is wet and uncomfortable and requires “changing;” but it will not cause him to have that sweet and gentle and exquisite slumber so characteristic of a baby who has no artificial appliances to make

him sleep. No, rockers are perfectly unnecessary, and the sooner they are banished the nursery, the better will it be for the infant community.

76. *Do you advise the head of the crib to be covered with a handkerchief, while the infant is asleep, to shade his eyes from the light, and, if it be summer time, to keep off the flies?*

If the head of the crib be covered, the infant cannot breathe freely; the air within the crib becomes contaminated, and, thus, the lungs cannot properly perform their functions. If his sleep is to be refreshing, he must breathe pure air. I do not even approve of a head to a crib. Frequently a child is allowed to sleep on a bed with the curtains drawn completely close, as though it were dangerous for a breath of air to blow upon him! \* —This practice is most injurious. An infant must have the full benefit of the air of the room; indeed, the bedroom door must be frequently left ajar, so that the air of the apartment may be changed; of course, taking care not to expose him to a draught. If the flies annoy him while he is asleep, let a net veil be thrown over his face; as he can readily breathe through net, but not through a handkerchief.

77. *Have you any suggestion to offer, as to the way an infant should be dressed when he is put down to sleep?*

Whenever he is put down to sleep, be more than usually particular, that his dress be loose in every part; be careful that there be no strings, nor bands, to cramp him.—Let him, then, be more than ordinarily free and unrestrained during repose:—

“ If, whilst in cradled rest your infant sleeps,  
Your watchful eye unceasing vigils keeps,

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\* I have somewhere read, that if a cage, containing a canary, be suspended at night, within a bed where a person is sleeping, and the curtains be drawn closely around, that in the morning, the bird will, in all probability, be found dead!



Lest cramping bonds his pliant limbs constrain,  
And cause defects that manhood may retain.”\*

78. *Is it a good sign for a young infant to sleep much?*

An infant, who sleeps a great deal, thrives much more than one who does not. I have known many children, who were born† small and delicate, but who slept the greatest part of their time, become strong and healthy. —On the other hand, I have known those who were born large and strong, yet who slept but little, become weak and unhealthy.

The common practice of a nurse in allowing an infant to sleep upon her lap is a bad one, and should never be countenanced.—He sleeps cooler, more comfortably, and soundly in his crib.

The younger an infant is, the more he generally sleeps,

\* *The Nurse*, a Poem.

† It may be interesting to a mother to know the average weight of new-born infants.—There is a Paper on the subject in the *Medical Circular* (April 10, 1861), and which has been abridged in *Braithwaite's Retrospect of Medicine* (July and December, 1861).—The following are extracts:—“Dr. E. von Siebold presents a table of the weights of 3000 infants (1586 male and 1414 female), weighed immediately after birth. From this table (for which we have not space) it results that by far the greater number of the children (2215) weighed between 6 and 8 lbs. From 5½ to 6 lbs. the number rose from 99 to 268; and from 8 to 8½ lbs. they fell from 226 to 67, and never rose again at any weight to 100. From 8½ to 9½ lbs. they sank from 61 to 8, rising, however, at 9½ lbs. to 21. Only six weighed 10 lbs., one 10½ lbs., and two 11 lbs. The author has never but once met with a child weighing 11½ lbs. The most frequent weight in the 3000 was 7 lbs., numbering 426. It is a remarkable fact, that until the weight of 7 lbs. the female infants exceeded the males in number, the latter thenceforward predominating. \* \* \* From these statements and those of various other authors here quoted, the conclusion may be drawn that the normal weight of a mature new-born infant is not less than 6 nor more than 8 lbs., the average weight being 6½ or 7 lbs., smaller number referring to female and the higher to male

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so that during the early months, he is seldom awake, and then only to take the breast.

79. *How is it that much sleep causes a young infant to thrive so well?*

If there be pain in any part of the body, or, if any of the functions be not properly performed, he sleeps but little.—On the contrary, if there be exemption from pain, and if there be a due performance of all the functions, he sleeps a great deal; and thus the body becomes refreshed and invigorated.

80. *As much sleep is of such advantage, if an infant sleeps but little, would you advise composing medicine to be given to him?*

CERTAINLY NOT.—The practice of giving composing medicines to a young child cannot be too strongly reprobated. If he does not sleep sufficiently, the mother must ascertain,—if the bowels be in a proper state, whether they be sufficiently open, and the motions of a good colour—namely, a bright yellow, inclining to orange-colour—and free from slime or bad smell.—An occasional dose of rhubarb-and-magnesia is frequently the best composing medicine he can take.

81. *We often hear of Coroners' inquests\* upon infants who have been found dead in bed; what is, usually, the cause?*

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\* The following, copied from the *Birmingham Daily Post*, of January 25, 1861, is a sample of similar occurrences constantly appearing in the newspapers:—"CHILD SMOTHERED.—An inquest was held on Tuesday evening, on the body of a female child, named Ann Shackleton, who resided with her parents in Dudley Street, Walsall. It appears that on Friday night last the child was as well as usual, and that it was found dead in bed on Saturday morning, without ever having manifested any signs of indisposition. From the evidence given before the jury, a verdict of 'Died from suffocation' was returned."—It behoves every Medical man to raise his voice to avert such frightful calamities.

Suffocation, produced by ignorance and carelessness.—From *ignorance* in mothers, in their not knowing the common laws of life, and the vital importance of free and unrestricted respiration, not only when infants are up and about, but when they are in bed and asleep.—From *carelessness*, in their allowing young and thoughtless servants to have the charge of them at night. More especially as young girls are, usually, heavy sleepers, and are, thus, too much overpowered with sleep to attend to their necessary duties.

The following are a few rules to prevent so grievous a calamity occurring in your family:—Let your infant, while asleep, have plenty of room in the bed. Do not allow him to be too near to you; or, if he be unavoidably near you (from the small size of the bed) let his face be turned to the opposite side. Let him lie fairly on his side, or on his back. Be careful to ascertain, that his mouth be not covered with the bed-clothes; and, do not smother his face with clothes: as a plentiful supply of pure air is as necessary—or even more so—when he is asleep as when he is awake. Never let him lie low in the bed. Let there be no pillow near the one his head is resting on, lest he roll to it, and thus bury his head in it. Remember, a young infant has neither the strength nor the sense to get out of danger; and, if he unfortunately turn on his face, or bury his head in a pillow that is near, the chances are, that he will be suffocated; more especially, as these accidents usually occur at night, when the mother, or the nurse, is fast asleep. Never intrust an infant at night to a young, giddy, and thoughtless servant.

To show the necessity and the importance of attending to the above rules, I may here quote an extract from the *Lancet* on the frequency of the smothering of infants:—“There appears something for sad reflection in the recent account of four inquests, and also of six, held by Mr. P. F. Curry, the Coroner for Liverpool, and reported in a local paper in the following curt manner:—

The first, on the body of Thomas Cæsar Hope, infant son of Robert Hope, joiner, Warren-street. The deceased was found dead in bed on Sunday morning.—Verdict accordingly. The other cases, with the exception of one found drowned, are alike—all found dead in bed on Sunday morning.”

The editor of the *Lancet* makes the following judicious remarks on the subject :—“ These deaths are mainly, we believe, the result of ignorance and neglect. It is the more imperative, perhaps, to reiterate the protest against ignorance so criminal and neglect so fatal. The agony of the mother is often terrible to witness, when convinced that her child owes its death to her real or suspected carelessness. It would save hundreds from this bitter and lasting subject of self-reproach, and do something to diminish that overwhelming infant mortality which, week after week, the Registrar-General reports in unerring figures, if the frequency of this accident could be sufficiently known amongst all classes of the community, especially amongst the poor. This, then, is a caution which would never be misplaced in the mouth of a medical practitioner.”\*

#### BLADDER AND BOWELS.

82. *Have you any hints to offer respecting the bowels and the bladder of an infant during the first three months of his existence?*

A mother should satisfy herself, daily, as to the state of the bladder and the bowels of her child. She should inspect the motions, and see that they are of a proper colour (bright yellow, inclining to orange), and consistence (that of thick gruel), that they are not slimy, curdled, and green,—if they should be so, it is a proof that she herself has, in all probability, been imprudent

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\* *The Lancet*, February 5, 1859.

in her diet—and that it will be necessary for the future that she shall be more circumspect in the matter.

She should, moreover, satisfy herself that the urine does not smell strongly, and that it does not stain the napkins.

A frequent cause of a child crying, is, he is wet and uncomfortable, and wants drying and changing, and the only way he has of informing his mother of the fact, is, by crying lustily, and, thus, telling her of her thoughtlessness and carelessness.

83. *How soon may an infant dispense with napkins?*

An infant of three months, and upwards, should be held out, at least, a dozen times during the twenty-four hours: if such a plan were adopted, napkins might, at the end of three months, be dispensed with—a great desideratum—and a child would be inducted into clean habits—a blessing to himself, and a comfort to all around, and a great saving to dresses and furniture.—“Teach your children to be clean. A dirty child is the mother’s disgrace.”\* Truer words were never written,—“A DIRTY CHILD IS THE MOTHER’S DISGRACE!”\*

#### AILMENTS, DISEASE, ETC.

84. *A new-born infant frequently has a collection of mucus in the air-passages, causing him to wheeze: is it a dangerous symptom?*

No; not if it occur *immediately* after birth: it generally leaves him as soon as the bowels have been opened; or, even before, if he give a good cry,—which he usually does as soon as he is born. If there be any mucus within, or about the mouth, impeding breathing, it must be removed with a soft handkerchief.

85. *Is it advisable to give an infant medicine, as soon as he is born?*

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\* *Hints on Household Management.* By Mrs. C. L. Balfour. Partridge, London.

It is doubtful whether medicine be at all necessary *immediately* after birth, provided he be early put to the breast, as the mother's first milk is generally sufficient to open the bowels.—Sir Charles Locock\* makes the following valuable remarks on the subject:—"I used to limit any aperient to a new-born infant to those which had not the first milk, and who had wet-nurses, whose milk was, of course, some weeks old, but for many years I have never allowed any aperient at all to any new-born infant, and I am satisfied it is the safest and the wisest plan."

If a new-born infant has not made water for twelve hours, the Medical man must be informed of it, in order that he may inquire into the matter, and apply the proper remedies.—Be particular in attending to these directions,—or evil consequences will ensue.

86. *Some persons say, that new-born female infants have milk in their breasts, and that it is necessary to squeeze them, and to apply plaisters to disperse the milk.*

The idea of there being real milk in an infant's breast is doubtful, the squeezing of the breast is barbarous, and the application of plaisters is useless.—"Without actually saying," says Sir Charles Locock, "there is milk secreted in the breasts of infants, there is undoubtedly, not rarely, considerable swelling of the breasts both in *female* and *male* infants, and on squeezing them a serous fluid oozes out.—I agree with you that the Nurses should never be allowed to squeeze them, but be ordered to leave them alone."\*

87. *Have the goodness to mention the SLIGHT ailments which are not of sufficient importance to demand the assistance of a Medical man?*

I think it well to make the distinction between *serious* and *slight* ailments: I am now addressing a mother.—With regard to *serious* ailments, I do not think myself

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\* In a *Letter* to the Author.

† *Letter* to the Author.

justified, except in certain *urgent* cases, in instructing a parent to deal with them. It may be well to make a parent acquainted with the *symptoms*, but not with the *treatment*; in order that she may lose no time in calling in medical aid.—This I hope to have the pleasure of doing in future conversations.

*Serious* diseases—with a few exceptions—and which I will indicate in a future conversation—should never be treated by a parent, not even in the *early* stages; for it is in the *early* stages that the most good can generally be done. It is utterly impossible for a person, who is not trained to the medical profession, to understand a *serious* disease in all its bearings, and, thereby, to treat it successfully.

There are some exceptions to these remarks. It will be seen, in future conversations, that Sir Charles Locock considers that a mother should be made acquainted with the *treatment* of some of the most *serious* diseases, where delay in obtaining *immediate* medical assistance may be death.—I bow to his superior judgment, and have supplied the deficiency in future conversations.

The ailments and diseases of infants, such as may be treated by a parent, in the absence of the doctor, are the following:—Chafings, Convulsions, Costiveness, Flatulence, Gripings, Hiccup, Looseness-of-the-bowels (Dysentery), Nettle-rash, Red-gum, Stuffing-of-the-nose, Sickness, Thrush.—In all these complaints, I will tell you,—*What to do*, and,—*What NOT to do*.

88. *What are the causes and the treatment of Chafing?*

Inattention and want of cleanliness are the usual causes of chafing.

*What to do*.—The chafed parts must be well and thoroughly sponged with tepid *rain* water,—allowing the water from a well-filled sponge to stream over the parts,—and, afterwards, they should be well, but tenderly, dried with a soft towel, and then be dusted—with finely powdered starch—made of wheaten flour,—or—with Violet Powder,—or—with finely powdered Native

Carbonate of Zinc,—or, they may be bathed with finely powdered Fuller's-earth and tepid water.

If, in a few days, the parts be not quite well,—discontinue the above treatment, and use the following application:—Beat up the whites of two eggs well together, then add, drop by drop, two tablespoonfuls of brandy. When well mixed, put it into a bottle, and cork it up. Before using it, let the excoriated parts be gently bathed with luke-warm rain-water, and then tenderly dried with a soft napkin; then apply the above liniment, by means of a camel's-hair brush, having first shaken the bottle.

But bear in mind, after all that can be said and done, **THERE IS NOTHING LIKE WATER IN THESE CASES**—there is nothing like keeping the parts thoroughly clean, and the only way of **THOROUGHLY** effecting this object is—**BY PUTTING THE CHILD, INTO HIS TUB, EVERY MORNING.**

*What NOT to do.*—Do not apply white lead—as it is a poison. Do not be afraid of using plenty of water,—as cleanliness is one of the most important items of the treatment.

89. *What are the causes of convulsions in an infant?*

Stuffing him with artificial food, in the early months of his existence,—the mother having plenty of breast-milk the while; the constant physicing of children by their own mothers; teething; hooping-cough, when attacking very young children.

I never knew a case of convulsions occur—say, for the first six months—(except in very young infants labouring under hooping-cough) where children were living on the breast-milk alone, and where they were not frequently physiced by their mothers!

For the treatment of the convulsions from teething see page 43.

*What to do*, in a case of convulsions, which has been caused by feeding an infant with too much, or with *artificial* food:—Give him a teaspoonful of Ipecacuanha-wine



every ten minutes, until free vomiting is excited;—then put him into a warm bath (see page 43); and, when he comes out of it, administer to him a teaspoonful of castor-oil, every four hours, until the bowels are well opened.

*What NOT to do.*—Do not give him artificial food—for at least a month after the fit; but keep him entirely to the breast. Do not apply leeches to the head.

*What to do—in case of convulsions from hooping-cough.*—There is nothing better—than dashing cold water on the face; and immersing the child in a warm bath of 98 degrees Fahr.

Convulsions, attending an attack of hooping-cough, makes it a **SERIOUS** complication, and requires the assiduous and skilful attention of a judicious Medical man.

*What NOT to do* in such a case.—Do not apply leeches, and do not attempt to treat the case yourself.

90. *What are the best remedies for the Costiveness of an infant?*

I strongly object to the frequent administration of opening medicine; as, the repetition of it, increases the mischief to a tenfold degree.

*What to do.*—If an infant, after the first few months, were held out; and if a child were put upon his chair, at regular intervals, daily,—costiveness would not so much prevail.—It is wonderful how soon the bowels, in the generality of cases, may be brought into a regular state, by this simple plan.

Besides, it inducts an infant into clean habits. I know some careful mothers who have accustomed their children, after the first few months, to do without napkins. It causes a little trouble at first, but that trouble is amply repaid by the good consequences that ensue; among which must be named,—the dispensing with such encumbrances as napkins. Napkins frequently chafe, irritate, and gall the tender skin of a child. But, of course, at an early age, they cannot be dispensed with;

unless a mother has great judgment, sense, tact, and perseverance, to bring her little charge into the habit of having his bowels relieved and his bladder emptied, every time he is held out, or he is put upon his chair.

You will often find a little spring-water—*cold from the pump*—given him to drink, two or three times a day, an excellent aperient. It may be commenced as early as the first or second month. Many infants seem really to enjoy *cold* water, which may be given with the greatest safety. *Occasionally* it may be necessary to administer a mild aperient, and when this is required—one or two teaspoonfuls of Fluid Magnesia may be given, made palatable by the addition of a little sugar;—or, the popular remedy of Syrup of Rhubarb and Castor-oil:—

Take of—Syrup of Rhubarb;

Castor-oil, of each, half an ounce.

To make a mixture. A teaspoonful to be taken early in the morning or occasionally, first well shaking the bottle.

It may be well again to state that the bottle must be *violently* shaken *just* before giving the mixture, or the oil will not mix with the syrup.—Or—a teaspoonful of Syrup of Rhubarb may be given without the admixture of the Castor-oil, early in the morning, occasionally.—Or—a teaspoonful of equal parts—say half an ounce of each of Fluid Magnesia and Syrup of Rhubarb, may be given for a change.—Or—the medicine prescribed below\* will be found to have the desired effect. Another safe and

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\* Take of—Compound Powder of Cinnamon, seven grains;

„ Turkey Rhubarb, one scruple;

„ Sulphate of Potash, half a drachm;

Simple Syrup, half an ounce;

Essence of Senna, seven drachms.

Make a mixture.—One or two teaspoonfuls—according to the age of the child—to be given early in the morning, occasionally, first shaking the bottle; and to be repeated every three hours, until the bowels be relieved. The mixture should be made by a druggist.

palatable aperient for an infant, is—Syrup of Senna,\*—from a half to a whole teaspoonful being the dose. A fourth excellent remedy, for the costiveness of infants, is—a Soap-suppository, the application of which will be found a safe, speedy, and certain method of opening the bowels. It may be made,—by paring a piece of white-curd-soap round, it should be the size of a cedar-pencil in circumference, and it must be about two inches in length. This may be administered,—by dipping it in a little warm olive-oil, and then gently introducing it up the bowel, in the same manner as a clyster-pipe: allowing about a quarter of an inch to remain in view. It must be left alone, and in a minute or two, the soap-suppository will be expelled and the infant's bowels will be comfortably and effectually relieved.

When a child is two or three years old, and upwards, a dip-candle-suppository is superior to a soap-suppository.†

If it be absolutely necessary to give aperients, it will be well to alternate the use of them,—that is to say—at one time, to give the Syrup of Senna; at another time, the Fluid Magnesia, sweetened; and a third time, to administer a Soap-suppository, dipped in the oil: but waiting at least three days between—the bowels being costive all the while—before resorting to an aperient: bear this in mind, and let it make a strong impression upon you, — THAT THE LESS THE BOWELS OF AN INFANT ARE IRRITATED BY OPENING MEDICINE —THE APERIENT BEING EVER SO SIMPLE AND WELL SELECTED—THE BETTER.

Castor-oil is another medicine prescribed for costiveness, and, being a safe one, may be used, occasionally,

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\* The Syrup of Senna may be made by any respectable druggist, in the following way:—Take of Simple Syrup, three drachms; Concentrated Essence of Senna, nine drachms: Mix.

† See *Advice to a Mother on the Management of a Child*, Part II.

mixed with a little sugar, or with simple-syrup. Care must be taken to have the castor-oil freshly drawn and of good quality.

When the infant is five or six months old,—oatmeal-milk-gruel, or,—Robinson's Patent Groat Gruel made with new-milk, occasionally given, in lieu of the usual food—will often open the bowels, and thus supersede the necessity of administering an aperient.

Castor-oil, or,—Dr. Merriman's Purgative Liniment,\* well rubbed over the region of the bowels, for ten minutes at a time, every morning, will frequently prevent costiveness, and thus will do away with the need—which is a great consideration—of giving an aperient.

*What NOT to do.*—There are two preparations of mercury, I wish to warn you against administering of your own accord, viz.—Calomel, and a milder preparation called Grey-powder (mercury-with-chalk). It is a common practice in this country to give calomel, on account of the readiness with which it may be administered, it being small in quantity, and nearly tasteless.

Grey-powder, also, is a favourite in the nursery with many mothers.—“It is, unfortunately, too commonly resorted to, especially in the case of young children, being prescribed for the smallest ailment, the most simple derangement of the stomach and bowels; indeed, it is very common for mothers, through their blind faith in this drug, to apply to chemists for ‘a grey-powder for the baby,’ and administer it to the infant, without the advice or sanction of a Medical man, taking all responsibility upon themselves as to the child's need, and the effects of this potent medicine upon the little delicate constitution. Although grey-powder may not contain any proportion of an active poison, such as arsenic, it undoubtedly has the effect of a slow poison, therefore the sooner

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\* Take of—Tincture of Aloes, half an ounce;  
 Soap Liniment, one ounce:

Make a Liniment.

the general practitioner and the public are enlightened on the subject the better. I believe all thoughtful liberal-minded members of the profession will agree with me in pronouncing grey-powder a very dangerous medicine to administer repeatedly, and one which it is very ill-judged to give at all in ordinary ailments: nothing but an obstinate condition of the liver, or other extreme case, demanding a bold treatment, could justify its employment, and I will venture to state my belief that the habitual use of this drug produces more serious and permanent disorders than any which it is employed and presumed to cure. . . . I do not hesitate to say that, if Hyd. c. cretâ (mercury-with-chalk) were to be struck off the list of *materia-medica* to-morrow, the public—the infant portion more particularly—would benefit, not suffer, by its disuse.”\*

This practice of giving mercury—whether in the form of calomel or of grey-powder—cannot be too strongly reprobated, as the constant administration of this drug weakens the body, predisposes it to cold, and frequently excites king’s-evil—a disease too common in this country. —CALOMEL AND GREY-POWDER, THEN, SHOULD NEVER BE ADMINISTERED, UNLESS DIRECTED BY A MEDICAL MAN.

Syrup of buckthorn and jalap are also given,—but they are griping remedies for an infant and should be banished the nursery.

The frequent repetition of opening-medicines very much interferes with digestion; they *MUST*, therefore, be given as seldom as possible.

Let me, at the risk of wearying you, again urge the importance of your avoiding, as much as possible, giving an infant purgative medicines.—They irritate, beyond measure, the tender bowels of an infant, and only make him more costive afterwards, they interfere with his digestion and are liable to give him cold.—A MOTHER

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\* A writer in the *Medical Times and Gazette*, Sept 3, 1859.

WHO IS ALWAYS, OF HER OWN ACCORD, GIVING HER CHILD OPENING PHYSIC, IS LAYING UP FOR HER UNFORTUNATE OFFSPRING A MISERABLE EXISTENCE—A DEBILITATED CONSTITUTION.

91. *Are there any means of preventing the costiveness of infants?*

If greater care were paid to the rules of health, such as—attention to diet; exercise in the open air; thorough ablution of the whole body—more especially, when he is being washed causing the water, from a large and well-filled sponge, to stream over the lower part of the bowels;—the regular habit of causing the infant to be held out, at stated periods—whether he wants or not—that he may solicit a stool—if all these rules were observed, costiveness would not so frequently prevail, and one of the miseries of the nursery would be done away with.

92. *What are the causes of, and remedies for, Flatulence?*

Flatulence most frequently occurs in those infants who live on *artificial* food, especially, if they are over-fed. I therefore beg to refer you to the precautions I have given, when speaking of the importance of keeping a child for the first five or six months ENTIRELY to the breast; and, if that be not practicable, of the times of feeding, and of the *best* kinds of artificial food, and of those which are least likely to cause ‘wind.’

*What to do.*—Notwithstanding these precautions, if the infant should still suffer,—“One of the best and safest remedies for flatulence, is, Sal-volatile,—a teaspoonful of a solution of one drachm to an ounce and a half of water.”\* Or, a little dill or aniseed may be added to the food:—Take twelve drops of oil of dill, and two lumps of sugar. Rub them well in a mortar together. Then add, drop by drop, three tablespoonfuls of spring-water—a teaspoonful of this may be added to each quantity of food; or, three teaspoonfuls of bruised caraway-seeds may

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\* Sir Charles Locock, in a *Letter* to the Author.

be boiled in a teacupful of water for ten minutes, and then strained—one or two teaspoonfuls of the caraway-tea may be added to each quantity of his food; or, a dose of rhubarb-and-magnesia may be occasionally given.

Opodeldoc, or warm olive-oil, well rubbed, by means of the warm hand, over the bowels, for a quarter of an hour at a time, will frequently give relief.—Turning the child over on his bowels,—so that they may press on the nurse's lap—will often afford great comfort. A warm-bath (where he is suffering severely) generally gives *immediate* ease in flatulence,—it acts as a fomentation to the bowels.

But after all,—a dose of mild aperient medicine, is often the best remedy for “wind.”

Remember, at all times, prevention where it be possible, is better than cure.

*What NOT to do.*—“Godfrey's Cordial,” “Infants' Preservative,” “Quietness,” and “Dalby's Carminative,” are frequently given in flatulence; but as most of these quack-medicines contain either opium or poppy, in one form or another; and, as opium and poppy are dangerous remedies for children,—ALL quack-medicines must be banished the nursery.\*

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\* “A return has recently been printed, by order of the House of Commons, of all inquests held by the Coroners of England and Wales, during the years 1837 and 1838, in cases where death was found, by verdict of the jury, to be caused by poison. The return is not so complete as could be wished, but it shows that the number of deaths by poison in 1837 and 1838 was 543; namely, 261 females, and 282 males. The number poisoned by opium or its preparations was 186. We are anxious, however, to direct attention to the lamentable fact, that nearly one seventh (72) of the cases of death by poison resulted from the carelessness of mothers and nurses, ignorant of the powerful effects of substances which are only used by medical men in slight doses, and with the utmost caution. The return shows that the deaths of very young children (most of them at the breast) from opium or its preparations, were 52; and from

The folly and the danger of administering quack-medicines to an infant is forcibly illustrated by Crabbe in the following lines :—

“ Who would not lend a sympathising sigh,  
To hear yon infant's pity-moving cry ?  
That feeble sob, unlike the new-born note  
Which came with vigour from the opening throat ;  
When air and light first rush'd on lungs and eyes,  
And there was life and spirit in the cries ;  
Now an abortive, faint attempt to weep,  
Is all we hear ; sensation is asleep.  
The boy was healthy, and at first express'd  
His feelings loudly, when he failed to rest ;  
When cramm'd with food, and tighten'd every limb,  
To cry aloud, was what pertain'd to him ;  
Then the good nurse (who, had she borne a brain,  
Had sought the cause that made her babe complain)  
Has all her efforts, loving soul ! applied  
To set the cry, and not the cause, aside ;  
She gave the powerful sweet without remorse,  
*The Sleeping Cordial*—she had tried its force,  
Repeating oft' : the infant freed from pain,  
Rejected food, but took the dose again,  
Sinking to sleep ; while she her joy express'd,  
That her dear charge could sweetly take its rest.  
Soon may she spare her cordial ; not a doubt  
Remains, but quickly he will rest without.

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opium or laudanum administered in mistake of other medicine, 20. Narcotic and anodyne drugs are scarcely ever administered to infants by experienced surgeons, without actually calculating the power of the patient ; and mothers and nurses ought never to administer medicine of this description, excepting under their direction. Mr. Browne, the coroner for Nottingham, states that ‘ Godfrey's Cordial ’ is given to children to a great extent ; and that he has no doubt whatever that many infants are yearly destroyed in that borough, but who, dying off gradually, never come under his notice officially.”—*Working Man's Almanac and Companion*, 1840.



This moves our grief and pity, and we sigh  
To think what numbers from these causes die;  
But what contempt and anger should we show,  
Did we the lives of these impostors know!"

A popular nostrum, quaintly and truly called "quietness," is a favourite one, among some mothers, to relieve flatulence and pain. Hear what it will do:—"A verdict of 'Chance medley' was returned at an inquest on Thursday, before the borough coroner, on the body of Edward James Smethurst, aged sixteen months, who had died at its parents' house, Circus Street, in consequence of an overdose of an opiate popularly known as 'quietness,' incautiously administered by its mother. She has had six children, all of whom have died before attaining the age of the deceased, and she had been in the habit of giving the deceased the same medicine since its birth."\*

Syrup-of-poppies is another remedy, which is often given by a nurse, to afford relief for flatulence; but, let me urge upon you the importance of banishing it from the nursery. It has (when given by unprofessional persons) caused the untimely end of thousands of children.—"We have again to record the death of a child due to the incautious and deplorable use of this narcotic. The mother of Jane Davis, aged three months, had given her a dose of this preparation of opium to produce sleep, and the overdose administered caused death. The jury returned a verdict, 'that the deceased died from the effects of the syrup-of-poppies, administered by the mother to procure sleep, and through misadventure.' A verdict of manslaughter, with appropriate punishment, in one or two of these cases, might have the salutary effect of checking the pernicious practice of narcotizing children, which is so fertile a cause of excessive infantile mortality."†

The newspapers teem with cases of deaths from

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\* *Liverpool Albion.*

† *The Lancet*, December 1, 1860.

mothers incautiously giving syrup-of-poppies to ease pain and to procure sleep.—I will subjoin another instance.—“The life of another child has been sacrificed through the reprehensible practice of administering narcotics. Two children, named Farlow, twins, about a month old, had syrup-of-poppies given to them repeatedly by their parents, who reside at No. 21, Salisbury Street, Portman Market, London. An overdose was administered, from the effects of which, one, a girl, died; the other, a boy, being only recovered by means of great exertions. At an inquest on the body, the coroner, Dr. Lankester, severely condemned the giving of narcotics to children, and especially the giving of syrup-of-poppies, the strength of which varied so materially that a quantity which would be a safe dose at one time would certainly destroy life at another. The jury endorsed these sentiments by their verdict.”\*

93. *What are the symptoms, the causes, and the treatment of ‘Gripings’ of an infant?*

*The symptoms.*—The child draws up his legs; screams violently; if put to the nipple to comfort him, he turns away from it, and cries bitterly; he strains, as though he were having a stool; if he have a motion, it will be slimy, curdled, and, perhaps, green. If, in addition to the above symptoms, he passes a large quantity of watery fluid from the bowels, the case becomes one of *watery-gripes*, and requires the immediate assistance of a Medical man.

*The causes* of “gripings” or “gripes” may either proceed from the infant or from the mother. If from the child,—it is generally owing to improper food or to over-feeding; if from the mother,—it may be traced to her having taken greens, pork, tart beer, sour porter, pickles, or drastic purgatives.

*What to do.*—The *treatment*, of course, must depend upon the cause:—if it arise from over-feeding, I would advise a dose of castor-oil to be given, and warm fomen-

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\* *The Birmingham Daily Gazette*, October 7, 1862.

tations to be applied to the bowels, and the mother, or the nurse, to be more careful for the future;—if it proceed from improper food,—a dose or two of magnesia-and-rhubarb, in a little dill-water, made palatable with simple syrup;—if it arise from a mother's imprudence in eating trash, or from her taking violent medicine,—a warm-bath; indeed, a warm-bath, let the cause of "gripping" be what it may, usually affords great relief.

Another excellent remedy is the following:—Soak a piece of new flannel—folded into two or three thicknesses—in warm water; wring it tolerably dry, and apply it to the bowels, as hot as the child can comfortably bear it; then wrap him in a warm, dry blanket, and keep him enveloped in it, for at least half an hour. Under the above treatment, he will generally soon fall into a sweet sleep, and awake quite refreshed.

*What NOT to do.*—Do not give opiates, astringents, or chalk, or any quack medicine.

If a child suffers from a mother's folly in eating improper food, it will be cruel in the extreme for him to be tormented a *second* time from the same cause.

94. *What occasions Hiccup, and what is its treatment?*

Hiccup is of such a trifling nature as hardly to require interference.—It may generally be traced to over-feeding.—Should it be severe,—four or five grains of calcined magnesia with a little syrup and aniseed-water, and attention to feeding, are all that will be necessary.

95. *Will you describe the symptoms of Diarrhœa—“Looseness-of-the-bowels”?*

It will be well—before doing so—to tell you—how many motions a young infant should have a day, their

- \* Take of—Powdered Turkey Rhubarb, one scruple;
- Carbonate of Magnesia, two scruples;
- Simple Syrup, three drachms;
- Dill Water, eight drachms:

Make a Mixture. One or two teaspoonfuls (according to the age of the child) to be taken every four hours, until relief be obtained, first shaking the bottle.

colour, consistence, and smell.—Well then,—he should have from three to six motions in the twenty-four hours.—The colour should be a bright yellow, inclining to orange; the consistence should be that of thick gruel; indeed, an infant's motion, if healthy, should be somewhat of the colour, and of the consistence, of mustard made for the table; it should be nearly, if not quite, devoid of smell.

Now, suppose a child should have a slight bowel-complaint—that is to say, that he has six or eight motions during the twenty-four hours,—and that the stools are of a thinner consistence than what I have described,—provided, at the same time, that he is not griped, that he has no pain, and has not lost his desire for the breast:—What must be done?—**NOTHING.**—A slight looseness-of-the-bowels should **NEVER** be interfered with,—it is often an effort of nature to relieve itself of some vitiated motion that wanted a vent;—or to act as a diversion, by relieving the irritation of the gums. Even, if the infant is not cutting his teeth, he may be “breeding” them—that is to say—the teeth may be forming in the gums, and may cause almost as much irritation as though he were actually cutting them.—Hence, you see the immense good, a slight “looseness-of-the-bowels,” may cause.—I think that I have now proved to you, the danger of interfering in such a case, and that I have shown you the folly and the mischief of at once giving astringents—such as, Godfrey's cordial, Dalby's carminative, &c.—to relieve a slight relaxation.

A MODERATE “**LOOSENESS-OF-THE-BOWELS,**” then, IS OFTEN A SAFETY-VALVE, and you may, with as much propriety, stop the safety-valve of a steam engine as stop a moderate “looseness-of-the-bowels”!

Now, if the infant, instead of having from three to six motions, have more than double the latter number; if they be more watery; if they become slimy and green, or green in part and curdled; if they have an unpleasant smell; if the child be sick, cross, restless, fidgety and

poorly; if he be griped and in pain, every time he has a motion, we should then say, that he is labouring under—diarrhœa, then, it will be necessary to give a little medicine—which I will indicate in a subsequent conversation.

Should there be blood and slime mixed with the stool, the case becomes more serious; still, with proper care, relief can generally be quickly obtained. If the evacuations—instead of being stool—are merely blood and slime; and the child strain frequently and violently, endeavouring thus to relieve himself, but in vain, crying at each effort; the case assumes the character of—dysentery.\*

If there be a mixture of blood, slime, and stool from the bowels, the case would be called—dysenteric-diarrhœa.—This latter case requires great skill and judgment on the part of a Medical man; and great attention and implicit obedience from the mother and from the nurse of the child.—I merely mention these diseases, in order to warn you of their importance, and of the necessity of strictly attending to a Doctor's orders.

96. *What are the causes of Diarrhœa*—"Looseness-of-the-bowels"?

Improper food; over-feeding; teething; cold; the mother's milk disagreeing from various causes, namely—from her being out of health,—from her eating unsuitable food,—from her taking improper and drastic purgatives; or—from her suckling her child when she is pregnant.—Of course, if any of these causes are in operation, they should, if possible, be remedied, or medicine to the child will be of little avail.

97. *What is the treatment of Diarrhœa?*

*What to do.*—If the case be slight, and has lasted two or three days, (DO NOT INTERFERE BY GIVING MEDICINE AT FIRST,) and if the cause—as it probably is—be some acidity or vitiated stool that wants a vent, and thus

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\* See symptoms and treatment of Dysentery.

endeavours to obtain one by purging: the best treatment is,—to assist nature—by giving a dose of castor-oil—or a moderate one of rhubarb-and-magnesia;\* and thus to work off the enemy.

After the enemy has been worked off, by the castor-oil, or by the magnesia-and-rhubarb,—the purging will, in all probability, cease; but, if the relaxation still continues—that is to say, for four or five days—then, IF MEDICAL ADVICE CANNOT BE PROCURED,—the following mixture may be given:—

Take of—Compound Powdered Chalk with Opium, ten grains;  
Oil of Dill, five drops;  
Simple Syrup, three drachms;  
Water, nine drachms:

Make a Mixture.† Half a teaspoonful to be given to an infant of six months and under, and one teaspoonful to a child above that age, every four hours, first shaking the bottle.

The infant, for a few days, should be kept *entirely* to the breast. The mother must be most particular in her own diet.

*What NOT to do.*—The mother must not take greens, cabbage, raw fruit, pastry, nor beer; indeed, while the diarrhœa of her infant continues, she had better abstain from wine, as well as from fermented liquors. The child, if at the breast, should *not*, while the diarrhœa continues, have any artificial food.—He must not be dosed with grey-powder (a favourite, but highly improper, remedy, in these cases), nor with any quack medicines,—such as —Dalby's Carminative or Godfrey's Cordial.

98. *What are the symptoms of dysentery?*

Dysentery frequently arises from a neglected diarrhœa.—It is more dangerous than diarrhœa,—as it is of an inflammatory character;—and as, unfortunately, it frequently occurs in a delicate child, requires skilful handling:

\* For a rhubarb and magnesia mixture prescription, see page 72 (note).

† Let the mixture be made by a chemist.

—hence the care and the skill required in treating a case of dysentery.

Well, then, what are the symptoms? In all probability the infant has had an attack of diarrhoea—bowel-complaint, as it is called—for several days: the child having had a dozen or two of motions—many of them slimy and frothy, like ‘toad-tother’—during the twenty-four hours.—Suddenly the character of the motion changes,—from being principally stool, it becomes almost entirely blood and mucus; the child is dreadfully griped, which causes him to strain violently every time he has a motion—as though his inside would come away;—screaming and twisting about—evidently being in the greatest pain;—drawing his legs up to his belly and writhing in agony. Sickness and vomiting are always present,—which still more robs the child of his little remaining strength and prevents the repair of his system. Now, look at his face! It is the very picture of distress. Suppose he has been a plump, healthy, little fellow, you will see his face, in a few days, become old-looking, care-worn, haggard, and pinched. Day and night the enemy tracks him,—(unless proper remedies be administered); no sleep,—or if he sleep, he is roused every few minutes.—It is heart-rending to have to attend a bad case of dysentery in a child,—the writhing, the screaming, the frequent vomiting, the pitiful look, the rapid wasting and exhaustion, make it more distressing to witness than almost any other disease.

99. *Can anything be done to relieve such a case?*

Yes.—A judicious Medical man will do a great deal. But, suppose that you are not able to procure one,—I will tell you *what to do* and *what NOT to do*.

*What to do.*—If the child is at the breast,—keep him to it, and let him have nothing else: for dysentery is frequently caused by improper feeding.—If your milk be not good, or it be scanty,—INSTANTLY procure a healthy wet-nurse.—LOSE NOT A MOMENT—for in dysentery, moments are precious.—But, suppose that you

have no milk, and that no wet-nurse can be procured: what then? Feed the child entirely on cow's milk—the milk of ONE healthy cow: let the milk be unboiled, and be fresh from the cow.—Give it in small quantities at a time, and frequently, so that it may be retained on the stomach.—If a tablespoonful of the milk makes the child sick, give him a dessert-spoonful; if a dessert-spoonful causes sickness let him have only a teaspoonful at a time, and let it be repeated every quarter of an hour. BUT, REMEMBER THE BREAST-MILK—THE BREAST-MILK ALONE—IS INCOMPARABLY SUPERIOR TO ANY OTHER MILK OR TO ANY OTHER FOOD WHATEVER.

If the child be a year old, and weaned, then feed him on the cow's milk as above recommended.—If there be extreme exhaustion and debility, let fifteen drops of brandy be added to each tablespoonful of new milk—and let it be given every half hour.

Now, with regard to medicine.—I approach this part of the treatment with some degree of reluctance,—for dysentery is a case requiring opium,—and opium I never like a mother to administer of her own accord.—But suppose a Medical man cannot be procured in time,—the mother must then prescribe or the child will die! *What then is to be done?*—Sir Charles Locock considers “that in severe dysentery, especially where there is sickness, there is no remedy equal to pure Calomel, in a full dose—without opium.”\* Therefore, let from three to five grains (according to the age of the patient) of Calomel mixed with an equal quantity of powdered white sugar, be put dry on the tongue at the very onset of the disease.—In three hours after, let the following mixture be administered:—

Take of—Compound Ipecacuanha Powder, four grains;  
Simple Syrup, three drachms;  
Cinnamon Water, nine drachms:

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\* Communicated by Sir Charles Locock to the Author.



To make a Mixture.\* A teaspoonful to be given every three or four hours, first well shaking the bottle.

Supposing the child cannot retain the mixture—the stomach rejecting it as soon as swallowed—what then? Give the opium in the form of powder, mixed with small doses of calomel and sugar,—and put one of the following powders *dry* on the tongue, every three hours:—

Take of—Powdered Opium, half a grain;  
Calomel, three grains;  
Sugar-of-milk, twenty-four grains:

Mix well in a mortar, and divide into twelve powders.

Now, suppose the dysentery has persisted for several days, and, that during that time, nothing but mucus and blood—that no real stool—has come from the bowels, then a combination of castor-oil and opium† must be given instead of the medicine recommended above:—

Take of—Mixture of Acacia, three drachms;  
Simple Syrup, three drachms;  
Tincture of Opium, five minims;  
Castor-oil, two drachms;  
Cinnamon-water, four drachms:

Make a Mixture. A teaspoonful to be taken every four hours, first *well* shaking the bottle.

A warm-bath at the commencement of the disease is very efficacious;—but it must be given at the *commencement*: if the child has had dysentery for a day or two, he will be too weak to have a warm-bath; then, instead of the bath, try the following,—wrap him in a blanket, which has been previously wrung out of hot water;—over which envelope him in a *dry* blanket.—Keep him in this hot, damp blanket for a quarter of an hour; then

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\* Let this mixture, or any other medicine I may prescribe, be always made by a respectable chemist.

† My friend, the late Dr. Baly, who had made dysentery his particular study, considered the combination of opium and castor-oil very valuable in dysentery.

take him out; put on his night-gown and place him in bed,—which has been—if it be winter-time—previously warmed.—The above ‘blanket-treatment’ will frequently afford great relief, and will, sometimes, cause the child to fall into a sweet sleep. A flannel-bag filled with hot powdered table-salt—made hot in the oven—applied to the bowels, will afford great relief.

*What NOT to do.*—Do not give aperients,—unless it be castor-oil guarded with opium; do not stuff the child with artificial food; do not fail to send for a Medical man—if there be a judicious one in the neighbourhood: for remember, it requires a skilful Doctor to treat a case of dysentery,—more especially in a child.

100. *What are the symptoms, the causes, and the treatment of Nettle-rash?*

Nettle-rash consists of several, irregular, raised wheals, red at the base, and white on the summit, on different parts of the body; *but it seldom attacks the face*. It is not contagious, and it may occur at all ages and many times. It comes and goes, remaining only a short time in a place. It puts on very much the appearance of the child having been stung by nettles—hence its name. It produces great heat, itching and irritation, sometimes to such a degree, as to make the child feverish, sick, and fretful. He is generally worse when he is warm in bed, or when the surface of his body is suddenly exposed to the air. Rubbing the skin, too, always aggravates the itching and the tingling, and brings out a fresh crop.

The *cause* of nettle-rash may commonly be traced to improper feeding; although, occasionally, it proceeds from teething.

*What to do.*—It is a complaint of no danger, and readily gives way to a mild aperient, and to attention to diet. There is nothing better than a warm-bath to relieve the irritation of the skin. If it be a severe attack of nettle-rash, by all means call in a Medical man.

*What NOT to do.*—Do not apply cold applications to

his skin, and do not wash him (while the rash is out) in quite cold water.—Do not allow him to be in a draught,—but let him be in a well-ventilated room.—If he be old enough to eat meat,—keep it from him for a few days,—and let him live on milk and farinaceous diet.—Avoid strong purgatives, and calomel, and grey-powder.

101. *What are the symptoms and the treatment of Red-gum?*

Red-gum—tooth-rash—is usually owing to irritation from teething; not always from the cutting, but from the evolution—the “breeding”—of the teeth. It is, also, sometimes owing to unhealthy stools irritating the bowels. Red-gum consists of several small papulæ, or pimples, about the size of pins’ heads, and may be known from measles—the only disease for which it is at all likely to be mistaken—by its being unattended by symptoms of cold, such as—sneezing, running and redness of the eyes, &c., and by the patches not assuming a crescentic—half-moon—shape; in short—red-gum may be readily known by the child’s health being unaffected, unless there be a great crop of pimples; then there will be slight feverishness.

*What to do.*—Little need be done. If there be a good deal of irritation,—a mild aperient may be given. The child must be kept moderately warm, but not hot.

*What not to do.*—Draughts of air, or cold, should be carefully avoided, as, by sending the eruption suddenly in, convulsions or disordered bowels may be produced. Do not dose him with grey-powder.

102. *How would you prevent “Stuffing-of-the-nose” in a new-born infant?*

Rubbing a little tallow on the bridge of the nose, is the old-fashioned remedy, and answers the purpose.—It should be applied every evening just before putting the infant to bed.

If the “stuffing” be severe,—dip a sponge in hot water,—as hot as the child can comfortably bear; ascertain that it be not too hot, by previously applying it to

your own face—and put it for a few minutes to the bridge of the nose. As soon as the hardened mucus is within reach, it should be carefully removed.

103. *Do you consider sickness injurious to an infant?*

Many thriving infants are frequently sick after taking the breast; still, we cannot look upon sickness otherwise than an index of either a disordered, or of an overloaded stomach. If the child be sick and yet thriving, it is a proof that he overloads his stomach. A mother, then, must not allow him to suck so much at a time. She should lessen the quantity of milk, until he retains all he takes. If he be sick and does *not* thrive, the mother should ascertain,—if the milk he throws up be sour and curdled; if it be so, she must first of all look to her own health; she must ascertain, if her own stomach be out of order; for if such be the case, it is impossible for her to make good milk. She should notice whether her own tongue be furred and dry in the morning; whether she has a disagreeable taste in her mouth, pains at her stomach, heart-burn, or flatulence.—If she has all, or any of these symptoms, the mystery is explained why the child is sick and does not thrive.—She should then seek advice, and a Medical man will soon put her stomach into good order; and, by so doing, will benefit the child likewise.

But, if the mother be in the enjoyment of good health, we must then look to the child, and ascertain—if he be cutting his teeth;—if the gums require lancing;—if the secretions from the bowels be proper in quantity and in quality; and,—if the child has had *artificial* food—it being absolutely necessary to give such food—whether it agree with him.

*What to do.*—In the first place, if the gums are red, hot and swollen, let them be lanced; in the second, if the secretion from the bowels are unhealthy or scanty, give him a dose of aperient medicine, such as castor-oil, or the following:—Take two or three grains of powdered Turkey-rhubarb, three grains of pure carbonate of magnesia, and

one grain of aromatic powder.—*Mix.* The powder to be taken at bed-time, in a teaspoonful of sugar and water, and repeated the following night, if necessary. In the third place, if the food he is taking does not agree with him, change it (*vide* answer to question 31). Give it in smaller quantities at a time, and not so frequently, or, what will be better still, if it be possible, keep him entirely to the breast.

*What NOT to do.*—Do not let him overload his stomach with breast-milk, or *with artificial food*. Let the mother avoid greens, cabbage, and all other green vegetables,—until the child's sickness is relieved.

104. *What are the causes, the symptoms, the prevention, and the cure of Thrush?*

The thrush is a frequent disease of infants, and is often brought on by stuffing them, or by giving them improper food. Children brought up *entirely* on the breast seldom suffer from this complaint. The thrush consists of several, irregular, roundish, white specks on the lips, the tongue, the inside and the angles of the mouth—giving the parts affected the appearance of curds and whey having been smeared upon them. The mouth is hot and painful, and the infant is afraid to suck: the moment the nipple is put into his mouth he begins to cry. Sometimes, although but rarely, the thrush runs through the whole of the alimentary canal. It should be borne in mind, that nearly all children, who are sucking, have their tongues white, or “frosted” as it is sometimes called.

The thrush may be mild or very severe.

Now with regard to *What to do.*—As the thrush is generally owing to improper and to artificial feeding—*if the child be at the breast*, keep him to it entirely for a time.—Do not let him be always sucking;—as that will not only fret the mouth, but will likewise irritate the mother's nipple.

*If the child be not at the breast*, but has been weaned, then keep him entirely for a few days to a milk diet—

to the milk of ONE cow—either boiled, if it be hot weather, to keep it sweet;—or unboiled, in cool weather, fresh as it comes from the cow.

The best medicine is, the old-fashioned one of Borax. The following form is good and palatable:—

Take of—Biborate of Soda, half a drachm;

Lump Sugar, two scruples:

To be well mixed together, and made into twelve powders. One of the Powders to be put dry on the tongue every four hours.

The best local remedy is—Honey of Borax, which should be smeared on the parts affected, frequently, by means of the finger.

Thorough ventilation of the apartment must be observed; and great cleanliness of the vessels, containing the milk, should be insisted upon.

In a bad case of thrush change of air to the country is most desirable.

If the thrush be brought on by too much, or by improper food—in the first case, of course, a mother must lessen the quantity; and, in the second, she should be more careful in her selection.

*What NOT to do.*—Do not use calves' teats or wash leather for the feeding bottles:—fortunately, since the invention of India-rubber teats, they are now nearly exploded; in olden times they were fruitful causes of thrush.—Do not mind the trouble of ascertaining,—that the cooking-vessels—connected with the baby's food—are perfectly clean and sweet.—Do not leave the purity and the goodness of the cow's-milk (it being absolutely necessary to feed the child on artificial food) to be judged by the milk-man and by the nurse-maid,—but taste and prove it yourself.—Do not keep the milk in a warm place—but in the dairy or in the cellar, and, if it be summer-time, let the jug, holding the milk, be put in a crock containing lumps of ice.—Do not use milk that has been milked longer than twelve hours,—but if prac-

ticable, have it milked direct from the cow, and use it *immediately*.

When the disease is *severe*, it may require more active treatment—such as a dose of calomel; *which medicine should never be given, unless under the direction of a Medical man, or unless it be in an extreme case,—such as dysentery*;\* therefore, the mother had better seek advice.

In a *severe* case of thrush, where the complaint has been brought on by *artificial* feeding—the child not having the advantage of the mother's milk—it is really surprising how rapidly a wet-nurse—if the case has not been too long deferred—will effect a cure, where all other means have been tried and have failed. The effect has been truly magical! IN A SEVERE CASE OF THRUSH, PURE AIR AND THOROUGH VENTILATION ARE ESSENTIAL TO RECOVERY.

105. *If an infant be delicate, have you any objection to his having veal, or mutton broth, to strengthen him?*

Broths seldom agree with an infant at the breast. I have known them produce sickness, disorder the bowels, and create fever. I recommend you, therefore, not to make the attempt.

Although broths, &c., when taken by the mouth, will seldom agree with an infant at the breast, yet, when used as clysters, and in small quantities, so that they may be retained, I have frequently found them to be of great benefit: they have appeared, in some instances, to snatch delicate children from the brink of the grave.

106. *Sometimes there is difficulty in restraining the bleeding of leech-bites. What is the best method?*

The difficulty in these cases generally arises from the improper method of performing it. For example,—a mother endeavours to stop the hæmorrhage by loading the part with rag; the more the bites discharge, the more rag she applies.—At the same time, the child is probably in a room with a large fire, with two or three

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\* See the Treatment of Dysentery.

candles, with the door closed, and, perhaps, with a dozen people in the apartment, whom the mother has sent for in her fright.—This practice is strongly reprehensible.

If the bleeding cannot be stopped,—in the first place, the fire must be extinguished, the door and windows should be thrown open, and the room must be cleared of persons, with the exception of one, or, at the most, two; and every rag should be removed.

“Stopping of Leech-bites.—The simplest and most certain way, till the proper assistance is obtained, is the pressure of the finger, with nothing intervening. It *cannot* bleed through that.”\*

Many infants have lost their lives by excessive loss of blood from leech-bites, from a mother not knowing how to act, and, also, from the Medical man living at a distance, or not being at hand.

Fortunately for the infant community, leeches are now very seldom ordered by Medical men.

107. *Supposing an infant to be poorly, have you any advice to give to the mother, as to her own management?*

She must endeavour to calm her feelings, or her milk will be disordered, and she will thus materially increase the child's illness. If he be labouring under any inflammatory disorder,—she should refrain from the taking of beer, wine, and spirits, and from all stimulating food; otherwise, she will feed his disease

Before concluding the first part of my subject—the Management of Infancy—let me again urge upon you,—the importance—the paramount importance—if you wish your infant to be strong and hearty,—of giving him as little opening-physic as possible. The best physic for an infant, is—Nature's physic—fresh air and exercise and simplicity of living. A mother who is herself always drugging her children, can only do good to one person, and that is—the Doctor!

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\* Sir Charles Locock, in a *Letter* to the Author.



## PART II.

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### CHILDHOOD.

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#### ABLUTION.

108. *At twelve months old, do you still recommend a child to be put IN A TUB to be washed?*

Certainly I do; in order that the child's skin may be well and thoroughly cleansed. If it be summer-time, the water may be used cold; if it be winter, a dash of warm should be added, so that it may be of the temperature of new-milk: but do not, on any account, use *very warm* water. The head should be washed before the child is placed in his tub; then a large sponge should be filled with the water and squeezed over the head, so that the water may stream over the whole surface of the body. This should be rapidly done, and the child must be quickly dried with soft towels, and then expeditiously dressed. For the washing of your child, I would recommend you to use Castile-soap, in preference to any other: it is more pure, and less irritating; and hence does not injure the texture of the skin. Take care that the soap does not get into the eyes, or it may produce great irritation and smarting.

109. *Some mothers object to a child's STANDING in the water.*

If the head be wetted before he is placed in the tub,

and if he be washed as above directed, there can be no valid objection to it. He must not be allowed to remain in the tub more than five minutes.

110. *Does not washing the child's head, every morning, make him more liable to take cold, and does it not tend to weaken the sight?*

It does neither the one nor the other; on the contrary, it prevents cold and strengthens the sight; it cleanses the scalp, prevents scurf, and, by that means, causes a more beautiful head of hair. The head must be well brushed, with a soft brush, after each washing, but should not be combed. The brushing causes a healthy circulation of the scalp.

111. *If the head be scurfy, notwithstanding the washing, what should be done?*

Let a little of the best olive-oil, or of almond-oil, be rubbed into the roots of the hair, for five minutes each time, after the head has been dried, and, afterwards, let the head be well brushed, but not combed:—the fine-tooth comb will cause a greater accumulation of scurf, and will scratch and injure the scalp.

112. *Do you recommend a child to be washed in his tub night and morning?*

No: once a day is quite sufficient; in the morning in preference to the evening.

113. *Should a child be placed in his tub in a state of perspiration?*

Not whilst he is perspiring violently, or the perspiration might be checked suddenly, and ill consequences would ensue; nor should he be put in his tub when he is cold, or his blood would be chilled, and would be sent from the skin to some internal, vital part, and thus would be likely to light up inflammation—probably of the lungs. The child's skin, when he is placed in his bath, should be moderately and comfortably warm; neither too hot nor too cold.

114. *When the child is a year old, do you recommend cold or warm water to be used?*

If it be winter, a little warm water should be added, so as to raise the temperature to that of new milk. As the summer advances, less and less warm water is required; so that, at length, none is wanted.

115. *If a child be delicate, do you recommend anything to be added to the water, which may tend to brace and strengthen him?*

Let two handfuls of table-salt be dissolved in the water he is washed in of a morning, and let the whole of the body (the head and face excepted, which should be previously washed with plain water) be well sponged with it: taking particular care, that the salt-and-water streams well down the back and the loins.

116. *Do you recommend the child to be rubbed with the hand, after he has been dried with the towel?*

I do; as friction encourages the cutaneous circulation, and causes the skin to perform its functions properly; thus preventing the perspiration (which is one of the impurities of the body) from being sent inwardly to the lungs or to other parts. The back, the chest, the bowels, and the limbs, are the parts that should be well rubbed.

#### CLOTHING.

117. *Have you any remarks to make on the clothing of a child?*

Children should always wear high dresses up to their necks. The exposure of the upper part of the chest (more especially if the child be delicate) is dangerous. It is in the upper part of the lungs—in the region of the collar bones—that consumption first shows itself. The clothing of a child should be large and full in every part—more especially about the chest; and free from tight strings; so that the circulation of the blood may not be impeded, and that there may be plenty of room for the full development of the rapidly growing body.

His frock, or tunic, should be of woollen material—warm, light, and porous;—in order that the perspiration may readily evaporate. The practice of some mothers

in allowing their children to wear tight bands round their waists, and tight clothes, is truly reprehensible.

118. *What parts of the body in particular should be kept warm?*

The chest, the bowels, and the feet, should be kept comfortably warm. We must guard against an opposite extreme, and not keep them too hot. The head alone should be kept cool; on which account, I do not approve either of day caps or of night caps.

The best covering for the head, when he is out and about, is, a loose-fitting straw-hat: which will allow the perspiration to escape.—It should have a broad brim, to keep off the sun. A sun-shade, that is to say a sea-side hat—a hat made with cotton, with a broad brim to keep off the sun, is, also, an excellent hat for a child: it is very light and allows a free escape of the perspiration.—It can be bought, ready made, at a baby-linen warehouse.

It is an abominable practice to cover a child's head with beaver, or with felt, or with any thick impervious material.—It is a well-ascertained fact, that beaver or silk-hats cause men to suffer from headache and to lose their hair: the reason being, that the perspiration cannot escape. Now, if the perspiration cannot escape, dangerous, or at all events, injurious, consequences must ensue, as it is well known that the skin is a breathing apparatus, and that it will not bear interference with impunity.

When a child walks, or is carried out, in wintry weather, be sure and see that his hands and legs are well protected from the cold: there is nothing like woollen gloves, and woollen stockings coming up over the knees, for this purpose.

119. *Do you approve of a child wearing a flannel night-gown?*

He frequently throws the clothes off him, and has occasion to be taken up in the night, and if he has not a flannel gown on, is likely to take cold; on which ac-

count, I recommend it to be worn. The usual calico night-gown should be worn *under* it.

120. *Do you advise a child to be lightly clad, in order that he may be hardened thereby?*

I should fear that such a plan, instead of hardening, would be likely to produce a contrary effect. It is an ascertained fact, that more children of the poor, who are thus lightly clad, die, than of those who are properly defended from the cold. Again, what holds good with a young plant is equally applicable to a young child; and we all know, that it is ridiculous to think of unnecessarily exposing a tender plant to harden it. If it were thus exposed, it would wither and die!

121. *If a child be delicate, if he has a cold body, or a languid circulation, or if he be predisposed to inflammation-of-the-lungs, do you approve of his wearing flannel instead of linen shirts?*

I do; as flannel tends to keep the body at an equal temperature—thus obviating the effects of the sudden changes of the weather—and promotes, by gentle friction, the cutaneous circulation—thus warming the cold body and giving an impetus to the languid circulation, and preventing an undue quantity of blood from being sent to the lungs, to light up, or to feed, inflammation. Of course, *fine* flannel should be used, which should be changed as frequently as the usual shirts.

If a child has had an attack of bronchitis, or of inflammation-of-the-lungs; or if he has just recovered from scarlet-fever,—by all means—if he has not previously worn flannel—INSTANTLY let him begin to do so, and let him wear a flannel-waistcoat NEXT to the skin.—THIS IS IMPORTANT ADVICE, AND SHOULD NOT BE DISREGARDED.

Scarlet flannel is now much used instead of *white* flannel; and, as it has a more comfortable appearance, and is softer, and does not shrink so much in washing, it may be substituted for the white.

122. *Have you any remarks to make on the shoes and*

*on the stockings of a child? and on the right way of cutting the toe-nails?*

He should wear, during the winter, lambs' wool stockings, that will reach *above* the knees, and *thick* calico drawers, that should reach a few inches *below* the knees, as it is of the utmost importance to keep the lower extremities comfortably warm. It is really painful to see how many mothers expose the bare legs of their children to the frosty air, even in the depths of winter.—“Tender little children are exposed to the bitterest weather, with their legs bared in a manner that would inevitably injure the health of strong adults.”\*

Garters should not be worn, as they impede the circulation, waste the muscles, and interfere with walking. The stocking may be secured in its place—by means of a loop and tape, which may be fastened to a part of the dress.

Let me urge upon you, the importance of not allowing your child to wear *tight* shoes; they cripple the feet, causing the joints of the toes, which ought to have free play, and which much assist in walking, to be, in a manner, useless; they produce corns and bunions, and interfere with the proper circulation of the foot. A shoe should be made according to the shape of the foot—rights and lefts are therefore desirable. The toe-part of the shoe ought to be broad, so as to allow plenty of room for the toes to expand, and that one toe should not overlap another. Be sure, then, that there be no pinching and no pressure. In the article of shoes, you should be particular and liberal—pay attention to having nicely fitting ones, and let them be made of soft leather, and throw them on one side the moment they are too small.—It is poor economy, indeed, because a pair of shoes be not worn out, to run the risk of incurring the above evil consequences.

SHOES ARE FAR PREFERABLE TO BOOTS; boots

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\* *The Lancet*, April 25, 1857.

weaken, instead of strengthen the ankle. The ankle and instep require free play, and must not be hampered by boots.—Moreover, boots, by undue pressure, decidedly waste away the ligaments.

Boots act on the ankles in a similar way that stays do on the waist—they do mischief by pressure. Boots waste away the ligaments of the ankle; stays waste away the muscles of the back and chest—and, thus, in both cases do irreparable mischief.—“We quite agree with Dr. Humphry in his protest against the common notion of supporting and strengthening the ankles by tight-laced boots, which, as he says—‘Has its parallel in the idea of strengthening the waist by stays. The notion is, in both instances, fortified by the fact that those persons who have been accustomed to the pressure, either upon the ankle, or upon the waist, feel a want of it when it is removed, and are uncomfortable without it. They forget, or are unconscious, that the feeling of the want has been engendered by the appliance, and that had they never resorted to the latter, they would never have experienced the former.’ There can be no surer way of producing permanently weak ankles, than by lacing them up tightly during childhood, and so preventing the natural development of their ligaments.”\*

It is a grievous state of things, that in this nineteenth century, there are very few shoe-makers in England who know how to make a shoe! The shoe is made not to fit the real foot but a fashionable imaginary one!—Let me strongly urge you to be particular that the sock, or stocking, fits nicely, that it is neither too small, nor too large; if it be too small, it binds up the toes unmercifully, and makes one toe to ride over the other, and thus renders them perfectly useless in walking; if they be too large, it is necessary to lap a portion of the sock, or stocking, either under or over the toes, which thus presses unduly upon them, and gives pain and annoyance.

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\* *British and Foreign Medico-Chirurgical Review*, July, 1862.

It should be borne in mind, that if the toes have full play, they grasp the ground—as it were—and greatly assist in locomotion; which, of course, if they are cramped up, they cannot possibly do.

Be careful, too, that the toe-part of the sock, or stocking, is not pointed—let it be made square, in order to give room to the toes.—“At this helpless period of life, the delicately feeble, outspreading toes are wedged into a narrow-toed stocking, often so short as to double in the toes, diminishing the length of the rapidly growing foot! It is next, perhaps, tightly laced into a boot of less interior dimensions than itself; when the poor little creature is left to sprawl about with a limping, stumping gait, thus learning to walk as it best can, under circumstances the most cruel and torturing imaginable.”\*

It is impossible for a stocking, or a shoe, to fit nicely, unless the toe-nails be kept in proper order.—Now, in cutting the toe-nails there is, as in everything else, a right and a wrong way.—The *right* way of cutting a toe-nail is,—to cut it straight—in a straight line. The *wrong* way is,—to cut the corners of the nail—to round the nail as it is called. This cutting the corners of the nails often makes work for the surgeon, as I myself can testify:—it frequently produces ‘growing-in’ of the nail, which, sometimes, necessitates the removal of the nail, or of a portion of it.

123. *Have you any general remarks to make on the present fashion of dressing children?*

The present fashion is absurd. Children are frequently dressed like mountebanks, with feathers and furbelows and finery; the boys go bare-legged; the little girls are dressed like women, with their stick-out petticoats, crinolines, and low dresses! Their poor little waists are drawn in tight, so that they can scarcely breathe; their dresses are very low and short, the consequence is,—that

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\* *The Foot and its Covering.* By James Dowie. London, 1861.



a great part of the chest is exposed to our variable climate; their legs are bare down to their thin socks, or if they be clothed, they are only covered with gossamer drawers, while their feet are encased in tight shoes of paper-thickness! Dress! dress! dress! is made with them, at a tender age, and when first impressions are strongest, a most important consideration. They are thus rendered vain and frivolous, and are taught to consider dress "as the one thing needful." And if they live to be women,—which the present fashion is likely frequently to prevent,—what are they? Silly, simpering, delicate, lack-a-daisical, nonentities; dress being their amusement, their occupation, their conversation, their everything, their thoughts by day and their dreams by night! Let children be dressed as children, not as men and women. Let them be taught, that dress is quite a secondary consideration. Let health, and not fashion, be the first, and we shall have, with GOD's blessing, blooming children, who will, in time, be the pride and the strength of dear old England!—O that the time may come, and may not be far distant,—“That our sons may grow up as the young plants, and that our daughters may be as the polished corners of the temple.”\*

## DIET.

124. *At TWELVE-months old, have you any objection to a child having any other food besides that you mentioned in answer to the 31st question?*

There is no objection to his *occasionally* having for dinner, a mealy, MASHED potato and gravy, or, a few crumbs of bread and gravy. Rice-pudding, or batter-pudding, may be given for a change; but remember, the food recommended in a former conversation is what must be principally taken, until he be eighteen-months old. During the early months of infancy—say, the first

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\* *The Psalms of David*, cxliv, 12.

six or seven—if artificial food be given at all, it should be administered by means of a nursing-bottle. After that time, a spoon, or a nursing-boat, will be preferable. As the child becomes older, the food should be made more solid.

125. *At EIGHTEEN-months old, have you any objection to a child having meat?*

He must not have meat until he has several teeth to chew it with. If he has most of his teeth—which he very likely will have at this age—there is no objection to his taking a SMALL slice of mutton, or occasionally, of roast beef, which should be well cut into very small pieces, and mixed with a mealy, MASHED potato, and a few crumbs of bread and gravy; either *every* day, if he be delicate, or, *every other* day, if he be a gross or a fast feeding child. It may be well, in the generality of cases, for the first few months, to give him meat *every other* day; and potato and gravy, or rice or batter-pudding, on the alternate days; indeed, I think so highly of rice and of batter-puddings, and of other farinaceous puddings, that I should advise you to let your child have one, or the other, even on those days that he has meat, giving it him after his meat.—But remember, if he has meat AND pudding, the meat must be given very sparingly.—If a child is gorged with food it makes him irritable, cross and stupid; at one time, clogging up the bowels and producing constipation; at another, disordering the liver, and causing either clay-coloured stools—denoting a *deficiency* of bile,—or dark and offensive motions—telling of *vitiating* bile; while in a third case, cramming a young child with food, may bring on convulsions.

126. *As you are so partial to puddings for a child—which do you consider the best for him?*

A child should have a pudding for his dinner every day,—either rice, arrow-root, sago, tapioca, batter-puddings or Yorkshire-pudding mixed with crum of bread and gravy—free from grease. Occasionally, he may have fruit-pudding, provided the pastry be plain and light.

JAM—such as strawberry, raspberry, gooseberry—IS MOST WHOLESOME FOR A CHILD, and should be given, occasionally, with the rice, batter, and other puddings, in lieu of sugar.—Marmalade, too, is very wholesome.

Puddings should be given *after* and not *before*, his meat and vegetables.

By adopting the plan of giving puddings *every* day, your child will require *less* animal food—MUCH MEAT IS INJURIOUS TO A YOUNG CHILD.

But do not run into an opposite extreme,—a *little* meat should be given every day *provided the child has cut the whole of his first set of teeth*; until then, meat every other day will be often enough.

127. *As soon as a child has cut the whole of his first set of teeth, what should be his diet? What should be his breakfast?*

He can, then, have nothing better, where it agrees, than scalding hot new-milk poured on sliced bread, with a slice or two of bread and butter to eat with it. New-milk should be used in preference either to cream or to skim-milk. Cream is too rich for the delicate stomach of a child, and skim-milk is too poor when robbed of the butter which the cream contains.

Although, as a rule, I am not partial to cream as a child's diet, yet I have found in cases of great debility, more especially where a child is much exhausted by some inflammatory disease—such as, inflammation-of-the-lungs—the following food most serviceable:—Beat up, by means of a fork, the yolk of an egg, then mix, little by little, three parts of a teacupful of very weak *black* tea, sweeten with one lump of sugar, and add two teaspoonfuls of cream. Let the above be given by teaspoonfuls at a time, frequently.

The above food is only to be given until the exhaustion is removed, and is not to supersede the milk diet which must be given at stated periods, as I have recommended in answers to previous and subsequent questions.

128. *Have you any remarks to make on cow's milk, as an article of food for children?*

COW'S MILK IS A VALUABLE, INDEED, AN INDISPENSABLE ARTICLE OF DIET FOR CHILDREN; it is most nourishing, wholesome, and digestible. The finest and healthiest children are those, who, for the first four or five years of their life, are fed *principally* upon it. MILK THEN SHOULD BE THE STAPLE FOOD FOR CHILDREN.

NO YOUNG CHILD, AS A RULE, CAN LIVE, OR IF HE LIVE, CAN BE HEALTHY, UNLESS MILK IS THE STAPLE ARTICLE OF HIS DIET.—THERE IS NO SUBSTITUTE FOR MILK.—To prove the fattening and the strengthening qualities of milk, look only at a young calf—who lives on milk, and milk alone! He is a Samson in strength, and is as fat as butter; and all young things are fat if they are in health!

As a rule, *young* children are allowed to eat too much meat. It is a mistaken notion of a mother, that they require so much animal food.—If more milk were given, and less meat, children would be healthier and would not be so predisposed to disease.

I should strongly recommend you, to be extravagant in your milk-score,—each child should take at least a quart of good, fresh, new-milk in the twenty-four hours.—Of course it should be given in various ways,—as bread and milk, rice-puddings, milk and different kinds of farinaceous food, &c. &c.

129. *But suppose my child will not take milk, he having an aversion to it, what must then be done?*

Boil the milk, and sweeten it to suit his palate. After he has been accustomed to it for a while, he will then like milk. Gradually reduce the sugar, until at length it be dispensed with. A child will often take milk this way, whereas he will not touch it otherwise.

130. *Supposing milk should not agree with my child: what must then be done?*

Milk—either boiled or unboiled—almost always agrees with a child.—If it does not, it must be looked upon as

the exception and not the rule.—In such a case, I would advise one-eighth of lime-water to be added to seven-eighths of new-milk—that is to say,—two tablespoonfuls of lime-water is to be mixed with half a pint of new-milk.

131. *Can you tell me of a way to prevent milk, in hot weather, from turning sour?*

Let the jug of milk be put into a crock containing ice—Wenham Lake is the best—in the dairy or the cellar. The ice may be procured, at any time, of a respectable fishmonger, and may be kept in bran or saw-dust, in a cool place, until it is wanted.

132. *What should now be his dinner?*

He should now have meat daily—either mutton or beef—which should be cut up very small, and mixed with a mealy MASHED potato and gravy. He should ALWAYS be accustomed to eat salt with his dinner. Let a mother see that this advice is followed, or evil consequences will inevitably ensue. Let him be closely watched, to ascertain that he well masticates his food, and that he does not eat too quickly: for young children are apt to bolt their food.

133. *Have you any objection to pork for a change?*

I have a great objection to it for the young. It is a rich, gross, and, therefore, unwholesome food for the delicate stomach of a child. I have known it, in several instances, produce violent pain, sickness, purging, and convulsions. If a child be fed much upon such meat, it will be likely to produce eruptions on the skin. In fine—the child's blood will put on the same character as the food it is fed with.

134. *Do you approve of veal for a child?*

My objection to pork was, that it was rich and gross: this does not apply to veal; but the objection to it is,—that this meat is more difficult of digestion than either mutton or beef,

135. *Do you disapprove of salted or boiled beef for a child?*

If beef be *much* salted, it is hard of digestion, and, therefore, should not be given to a child; but, if it has been but *slightly* salted, then there will be no objection to a little for a change.

In the *winter* time, there is no necessity to *salt* meat intended for boiling: then, boiled *unsalted* meat makes a nice change for a child's dinner. Of course, salt *MUST* be eaten with the unsalted meat.

136. *But suppose there is nothing on the table that a child may eat with impunity?*

He should then have either a grilled mutton chop, or a lightly boiled egg; indeed, the latter, at any time, makes an excellent change.

137. *Are potatoes an unwholesome food for children?*

New ones are; but old potatoes, well cooked and mealy, are the best vegetable a child can have. They should be *WELL MASHED*, as I have known lumps of potatoes cause convulsions.

138. *Do you approve of any other vegetables for a child?*

Occasionally—asparagus, or broccoli, or cauliflower, or turnips, or French beans, which latter should be cut up fine,—may be given with advantage.

139. *May not a mother be too particular in dieting a child?*

Certainly not. If blood can be too pure and too good, she may! When we take into account, that the food we eat is converted into blood; that if the food be good, the blood is good; and that if the food be improper or impure, the blood is impure likewise; and, moreover, when we know, that every part of the body is built up by the blood, we cannot be considered too particular in making our selection of food. Besides, if indigestible or improper food be taken into the stomach, the blood will not only be made impure, but the stomach and bowels will be disordered.

Do not let me be misunderstood: I am no advocate for a child having the same food one day as another—certainly not:—let there be variety—but let it be *whole*—

*some variety.*—Variety in a child's (not in an infant's) food is necessary—if he were fed day after day on mutton, his stomach would, at length, be brought into that state, that in time, it would not properly digest any other meat, and a miserable existence would be the result.

140. *What should a child drink with his dinner?*

Toast-and-water, or plain spring-water if he prefer it. Let him have as much as he likes: if you give him water to drink, there is no fear of his taking too much; Nature will tell him when he has had enough. Be careful of the quality of the water, and the source from which you procure it. Soft spring-water, from a moderately deep well, is the best. If it come from a land-spring, it is apt to be contaminated by drains, &c., which is a frequent cause of fevers, of diphtheria, and of Asiatic cholera,

Guard against the drinking-water being contaminated with lead; therefore, never allow the water to be collected in leaden cisterns, as it sometimes is if the water be obtained from Water-works' companies. Lead-pumps, for the same reason, should never be used for drinking purposes. Paralysis, constipation, lead-colic, dropping of the wrist, wasting of the ball of the thumb, loss of memory, and broken and ruined health may result from neglect of this advice.

Some parents are in the habit of giving their children beer with their dinners, making them live as they live themselves! This practice is truly absurd, and fraught with great danger! not only so, but it is inducing a child to be fond of that which in after life may be his bane and curse! No good end can be obtained by it; it will not strengthen so young a child; on the contrary, it will create fever, and thereby weaken him; it will act injuriously upon his delicate nervous and vascular systems; and may be a means of producing inflammation-of-the-brain or of its membranes, and may thus cause water-on-the-brain (a disease to which young children are subject), or it may induce inflammation-of-the-lungs.

141. *What should a child, who has cut his teeth, have for supper?*

The same that he has for breakfast. He should sup at six o'clock.

142. *Have you any general remarks to make on a child's meals?*

I recommended a great sameness in an *infant's* diet; but a *child's* meals—his dinners especially—should be very much varied.—For instance—do not let him have mutton day after day, but ring the changes on mutton, beef, poultry, game, and even fish—sole or cod-fish occasionally.

Not only let there be a change of meat, but a change in the manner of cooking it; sometimes, let the meat be roasted; at other times, boiled.—I have known some mothers—who have prided themselves as being experienced in these matters—feed their children day after day, on mutton-chops! Such a proceeding is most injurious to a child, as in the end his unfortunate stomach will digest nothing but mutton-chops.

With regard to vegetables,—potatoes—mashed potatoes—should be his staple vegetable; but every now and then—cauliflower, asparagus, turnips, and French-beans, should be given.

With respect to puddings,—vary them: rice, one day; batter, another; tapioca, a third; or, even occasionally, he may have apple or gooseberry pudding, provided the pastry be plain and light.

It is an excellent plan, as I have before remarked, to let a child eat jam—such as strawberry, raspberry, or gooseberry—and that without stint—with rice or with batter-puddings.

VARIETY OF DIET, then, is GOOD FOR A CHILD: it will give him muscle, bone, and sinew; and—what is very important—will tend to regulate his bowels, and will thus prevent the necessity of giving him aperients.

But do not stuff a child—do not press him, as is the habit of some mothers, to eat more than he feels in-



clined. On the contrary, if you think that he is eating too much—that he is overloading his stomach—and if he should ask for more,—then, instead of giving him more meat, or more pudding, give him a piece of dry bread. By doing so, you may rest assured that he will not eat more than is absolutely good for him.

143. *If a child be delicate, is there any objection to a little wine—such as cowslip or tent—to strengthen him?*

Wine should not be given to a child: it is even more injurious than beer. Wine, beer, and liquors, principally owe their strength to the alcohol they contain; indeed, all wines are *fortified* (as it is called) with brandy. Brandy contains a large quantity of alcohol—more than any other liquor—namely, 55·3 per cent. Therefore, if you give wine, it is, in point of fact, giving diluted brandy—diluted alcohol: and alcohol acts as a poison to a child; unless it be used as a medicine, and under skilful Medical advice.

144. *Suppose a child suddenly to lose his appetite: is any notice to be taken of it?*

If he cannot eat well, depend upon it, there is something wrong about the system. If he be teething, let a mother look well to the gums, and satisfy herself that they do not require lancing. If they be red, hot, and swollen, send for a Medical man, that he may scarify them. If the gums be not inflamed, and no tooth appears near, let her look well to the state of the bowels; let her ascertain that they be sufficiently opened, and that the stools be of a proper colour and smell. If they be neither the one nor the other, give a dose of aperient medicine, which will generally put all to rights. If the gums be cool, and the bowels be right, and the child's appetite continue bad, call in medical aid.

A child asking for something to eat, is frequently the first favourable symptom in a severe illness; we may generally then prognosticate that all will soon be well again.

If a child refuse his food, do not coax or tempt him to

eat: as food without an appetite will do him more harm than good—it may produce sickness, bowel-complaint, or fever. Depend upon it, there is always a cause for a want of appetite;—perhaps the stomach has been overworked, and requires repose; or—the bowels are loaded, and Nature wishes to take time to use up the old material;—there may be fever lurking in the system, Nature stops the supplies, and thus endeavours to nip it in the bud by not giving it food to work with;—there may be inflammation, food would then be improper, as it would only add fuel to the fire: therefore, let the cause be an over-worked stomach, overloaded bowels, fever, or inflammation, food would be injurious. Kind Nature, if we will but listen to her voice, will tell us when to eat and when to refrain.

145. *When a child is four or five years old, have you any objection to his drinking tea?*

Some parents are in the habit of giving their children strong (and frequently green) tea. This practice is most hurtful. It acts injuriously upon their delicate, nervous system; and, thus, weakens their whole frame. If milk does not agree, very weak tea—that is to say, water with a dash of *black* tea in it, with a little cream—may be substituted for milk; BUT A MOTHER SHOULD NEVER GIVE TEA WHERE MILK AGREES.

146. *Have you any objection to a child occasionally having cakes or sweetmeats?*

I consider them as so much slow poison. Such things cloy and weaken the stomach, and thereby take away the appetite, and thus debilitate the frame. Moreover, “sweetmeats are coloured with poisonous pigments.”

A mother, surely, is not aware, that when she is giving her child Sugar Confectionery that she is, in many cases, administering a deadly poison to him?—“We beg to direct the attention of our readers to the Report of the Analytical Sanitary Commission, contained in the *Lancet* of the present week,\* on the pigments employed in colouring

\* The *Lancet*, December 18th, 1858.

articles of Sugar Confectionery. From this report it appears that metallic pigments, of a highly dangerous and even poisonous character, containing chromic acid, lead, copper, mercury, and arsenic, are commonly used in the colouring of such articles. We, therefore, desire to caution the public against the use of Sugar Confectionery of all kinds, both coloured and uncoloured; the former, because of the hurtful and deleterious colouring matters employed; and the latter, because, as shown in the report of the Commission made in November last, of their extensive adulteration with DUCK, DAFF, or plaster-of-Paris, of Bradford notoriety. The caution against the use of Sugar Confectionery is a general one, and stands good so long as the present highly improper and dangerous system of adulteration is persisted in; but it carries with it more than ordinary force at the present time. It is at Christmas, of the whole year, that the greatest consumption of these articles occurs, and this by young persons and children of tender age. The necessity of this caution is shown by the fact, that not a Christmas ordinarily passes away without the occurrence of many cases of illness, more or less serious, and sometimes even fatal, resulting from this cause. The articles to be specially avoided are cheap lozenges of all kinds, especially peppermint and ginger lozenges, conversation-cards, sugared almonds, and comfits; whilst of the coloured articles, those containing yellow or green pigments should be particularly avoided. The confectionery containing essences and flavourings of various kinds should also be abstained from, as they are, for the most part, very unwholesome.\* If a child be never allowed to eat cakes and sweetmeats, he will consider a piece of dry bread a luxury.

147. *Is bakers' or home-made bread—the most wholesome for a child?*

Bakers' bread is certainly the lightest; and, if we

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\* The *Lancet*, December 18th, 1858,

could depend upon its being unadulterated, would, from its lightness, be the most wholesome; but, as we cannot always depend upon bakers' bread, as a rule, home-made bread should be preferred.—If it be at all heavy, a child must not be allowed to eat it; a baker's loaf should then be sent for, until light home-made bread can be procured.—Heavy bread is most indigestible.—A child must not be allowed to eat bread until it be two or three days old. In cold weather, if it be a week old, it will be the more wholesome.

148. *Do you approve of caraway seeds or of currants in bread or in cakes; the former to disperse wind, the latter to open the bowels?*

There is nothing better than plain bread: the caraway seeds generally pass through the bowels undigested; and thus may irritate; and may produce, instead of disperse, wind.\* Some mothers put currants in cakes, with a view of opening the bowels; but they only open them by disordering them.

#### THE NURSERY.

149. *Have you any remarks to make on the selection, the ventilation, the warming, the temperature, and the arrangements of a nursery? and have you any further observations to offer conducive to the well-doing of my child?*

The nursery should be the largest and the most airy room in the house. In the town, if it be at the top of the house (provided the apartment be large and airy) so much the better, as the air will then be purer. In the building of a house, the architect should be particularly directed to pay attention to the size, the loftiness, the ventilation, the light, the warming, and the convenience of a nursery. A bath-room attached to it, will be of great importance and benefit to the health of a child.

\* Although caraway seeds *whole* are unwholesome, yet caraway-tea, made as recommended at page 67, is an excellent remedy to disperse wind.

It will, also, be advantageous to have a water-closet near at hand, which must be well-supplied with water, be well-drained and well-ventilated. If this be not practicable, the evacuations must be removed as soon as they are passed. It is a filthy and idle habit of a nurse-maid, to allow a motion to remain in the room for any length of time.

The *ventilation* of a nursery, is of paramount importance,—THERE SHOULD BE A CONSTANT SUPPLY OF FRESH AIR IN THE APARTMENT. “Nor yet have I a word to say against the wretched city poor; God help them! they *cannot* get fresh air. My complaint is lodged against higher sinners; people who ought to know better; mothers of families who keep their children in almost air-tight nurseries; mistresses of households who allow their young people to sit in the same parlour all day without once changing the atmosphere thereof; excellent old-school people who think an open window or a fire in a bedroom ‘a very unwholesome thing’—yet have no objection to send their delicate daughters from the warm parlour sides to undress in an apartment that rivals in temperature ‘the frosty Caucasus.’”\*

The windows of the nursery should be thrown open, whenever the child is out of it; indeed, when he is in, if the weather be fine, the upper-sash may be lowered a little. A child must be encouraged to change the room frequently, in order that it may be freely ventilated; for GOOD AIR IS AS NECESSARY TO A CHILD’S HEALTH AS WHOLESOME FOOD, and air cannot be good, if it be not frequently changed. Ponder over and follow this advice, if you wish to have a strong and healthy child.

I have to enter my protest against the use of stoves—of gas-stoves especially—in nurseries. I consider a gas-stove *without a chimney* to be an abomination—most destructive to human life.—There is nothing like the

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\* *Good Words; Give us Air.* By the Author of “John Halifax, Gentleman.” January, 1861.

old-fashioned open fireplace, with a good-sized chimney; so that it may not only carry off the smoke, but, also, the impure air of the room.

Be sure to have a fire-guard around the grate; and be strict in not allowing your child to touch, or to play, with fire: frightful accidents have occurred from mothers and nurses being lax on this point.

The nursery should have a large fire-guard, to go all round the hearth, and which must be sufficiently high to prevent a child from climbing over.—Not only must the nursery have a guard, but every room in the house where a child is allowed to go, must be furnished with one on the bars.

Moreover, it will be necessary to have a guard in every room, where a fire is burning, to protect the ladies,—who, in accordance with the present fashion, wear such preposterous crinolines—and thus to prevent the frightful deaths which are, at the present time, of such frequent and startling occurrence—lady-burning is now one of the institutions of our land!

A nursery is usually kept too hot: in the winter-time the temperature should *not exceed* 60 degrees, Fahrenheit.—A *good* thermometer should be considered an indispensable requisite to a nursery. A child in a hot close nursery is bathed in perspiration: if he leave the room to go to one of lower temperature, the pores of the skin are suddenly closed, and a severe cold, or an inflammation-of-the-lungs, or an attack of bronchitis, is likely to ensue. Moreover, the child is weakened and enervated by the heat, and thus readily falls a prey to disease.

A nursery floor should not be *washed* oftener than once a week; and, then, the child, or children, must be sent into another room until it is dry. Of course, during the drying of the floor, the windows must be thrown *wide open*.

The constant *wetting* of a nursery, is a frequent source of illness among children. Of course, the floor should

be kept clean; but this may be done, by the servant thoroughly sweeping the room out, every morning, before the infant makes his appearance.

Do not have your nursery walls covered with *green* paper-hangings. Green paper-hangings contain large quantities of arsenic—arsenite of copper (Scheele's green)—which is a virulent poison, and which flies about the room in the form of powder.—“It is to the diffusion of the poison in the form of impalpable dust that the effects are due.”\*

There is frequently enough poison on the walls of a room to destroy a whole neighbourhood.—“Dr. Taylor found in another sample of green paper 59 per cent. of the arsenite. The same authority reports that the quantity of this pigment consumed weekly by one manufacturer is two tons!”†

There is another great objection, to having your nursery-walls covered with green paper-hangings,—if any of the paper should become loose from the walls, a young child is very apt to play with it, and to put it, as he does everything else, to his mouth.—This is not an imaginary state of things, as four children, in one family, have just lost their lives from sucking green paper-hangings.—“Four children were yesterday poisoned in London from this cause.”‡

Children's toys are frequently painted of a green colour—with arsenite of copper,—and are, consequently, highly dangerous for him to play with.—The best toy for a child, is a box of *unpainted* wooden bricks, which is a constant source of amusement to him.

If you have your nursery walls hung with paintings and engravings,—let them be of good quality.—The horrid daubs and bad engravings, that usually disfigure

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\* The *British and Foreign Medico-Chirurgical Review*, January, 1862.

† *Idem*.

‡ *Birmingham Daily Post*, April 23rd, 1862.

nursery walls, are enough to ruin the taste of the child, and to make him take a disgust to drawing—which would be a misfortune.

A fine engraving and a good painting expand and elevate a child's mind.—We all know, that first impressions are the most vivid and the most lasting.

Lucifer-matches, in case of sudden illness, should always be in readiness, both in the nursery and the bedroom; but they must be carefully placed out of the reach of children, as lucifer-matches are a deadly poison.

There is an exception to lucifer-matches being poisonous.—Bryant and May's Patent Special Safety Match "contains *no* phosphorus, is *not* poisonous, has *no* unpleasant odour, is *not* liable to spontaneous combustion, and will *not* ignite by friction, except on the prepared surface of the box," and is, therefore, admirably suited for the nursery.

150. *Have you any observation to make on the LIGHT of a nursery?*

A room cannot be too light. The windows of a nursery are generally too small. A child requires as much light as a plant. Gardeners are well aware of the great importance of light in the construction of their green-houses; and yet a child, who requires it as much, and is of much greater importance, is cooped up in dark rooms!

The windows of a nursery should not only be frequently opened to let in fresh air; BUT THEY SHOULD BE FREQUENTLY CLEANED to let in plenty of light and the sunshine: as nothing is so cheering and beneficial to a child, as an abundance of light and sunshine!

*With regard to the best artificial light for a nursery.*—The air of a nursery cannot be too pure. I, therefore, do not advise you to have gas in it; as gas, in burning, gives off quantities of carbonic acid and sulphuretted hydrogen, which vitiates the air.—There is no better light for a nursery than the old-fashioned tallow-candle.

Let a child's *home* be the happiest *house* to him in the



world: and to be happy he must be merry, and all around him must be merry and cheerful, and he must have an abundance of playthings.

If he has a dismal nurse, and a dismal home, he may as well be incarcerated in a prison, and be attended by a gaoler.

Bright colours,—plenty of light—*clean* windows (mind this, if you please) and an abundance of *good* coloured prints,—are the proper furnishings of a nursery.—Nursery!—Why the very name tells you what it ought to be—the home of childhood!—the most important room in the house!—a room that will greatly tend to form the character of your child for the remainder of his life!

151. *Have you any more hints to offer conducive to the well-doing of my child?*

You cannot be too particular in the choice of those who are in constant attendance upon him. Of course, you yourself must be his *head-nurse*, you only require some one to take the drudgery off your hands!

You must be particularly careful in the selection of his nurse. She should be steady, lively, truthful, and good-tempered, and must be free from any natural defect, such as squinting, stammering, &c. :\* for a child is such an imitative creature, that he is likely to acquire that, which in the nurse, is natural.—“Children, like babies, are quick at ‘taking notice.’ What they see they mark, and what they mark they are very prone to

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\* “If one member of a family has any peculiarity or personal defect, he should be treated with unusual delicacy and affection. The best way to cure any defect is to treat persons in such a manner that they themselves forget it. Perpetual consciousness of any disagreeable peculiarity increases the evil prodigiously. This is peculiarly true of physical imperfections; stuttering and lisping, for instance, are made ten times worse by being laughed at or observed. It is the fear of exciting remark that makes people stutter so much worse before strangers.”—*The Mother's Book*. By Mrs. Child.

copy.”\* She must not be very young, or she may be thoughtless, careless, and giggling.—“It grieves me to observe and consider how many poor children are daily ruined by careless nurses; and yet how tender ought they to be to a poor infant, since the least hurt or blow, especially upon the head, may make it senseless, stupid, or otherwise miserable for ever!”†

A nurse must be strong and active, in order that the child may have plenty of good nursing; for it requires great strength in the arms to carry a heavy child for the space of an hour or two, at a stretch, in the open air: and such is absolutely necessary, and is the only way to make a child strong, and to cause him to cut his teeth easily, and—at the same time, to regulate his bowels; therefore, a nurse must be strong and active, and not mind hard work—for hard work it is; but, after she is accustomed to it, pleasant notwithstanding.

Never should she be permitted to tell her little charge frightful stories of ghosts and hobgoblins. If this be allowed, the child's disposition will become timid and wavering, and may continue so, for the remainder of his life.

Addison‡ strongly reprobates the custom of telling stories of ghosts to children.—“Were I a father,” says he, “I should take a particular care to preserve my children from these little horrors of the imagination, which they are apt to contract when they are young, and are not able to shake off when they are in years. I have known a soldier who has entered a breach, affrighted at his own shadow, and look pale upon a little scratching at his door, who, the day before, had marched up against a battery of cannon. There are instances of persons who have been terrified even to distraction, at the figure of a tree or the shaking of a bulrush. The truth of it

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\* *The Times*, October 5th, 1863.

† Steele.

‡ *Spectator*, No. 12.

is, I look upon a sound imagination as the greatest blessing of life, next to a clear judgment and a good conscience."

If a child were not terrified by such stories, darkness would not frighten him more than light. Moreover, the mind thus filled with fear, acts upon the body, and injures the health. A child should never be placed in a dark cellar, nor frightened by tales of rats, &c. Instances are related of fear, thus induced, impairing the intellect for life; and there are numerous examples of sudden fright causing a dangerous, and even fatal illness.—"An English writer gives a most appalling account of two instances in which fatal consequences attended the strong excitement of fear. He says, 'I knew in Philadelphia a child, as fine and as sprightly and as intelligent a child as ever was born, made an idiot for life by being, when about three years old, shut into a dark closet by a maid servant, in order to terrify it into silence. The thoughtless creature first menaced it with sending it to 'the bad place,' as the phrase is; and at last, to reduce it to silence, put it into the closet, shut the door, and went out of the room. She went back in a few minutes, and found the child in a fit. It recovered from that, but was for life an idiot.'"\*

*Night-terrors.* This frightening of a child by a silly nurse—frequently brings on night-terrors.—He wakes up suddenly,—soon after going to sleep—frightened and terrified; screaming violently and declaring that he has seen some ghost, or thief, or some object that the silly nurse had been previously in the day describing, who is come for him, to take him away. The little fellow is the very picture of terror and alarm, he hides his face in his mother's bosom, the perspiration streams down him, and, it is some time before he can be pacified; when, at length, he falls into a troubled, feverish slumber, to awake unrefreshed in the morning.

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\* Abbott's *Mother at Home*.

Night after night, these terrors harass him, until his health materially suffers, and his young life becomes miserable—looking forward with dread at the approach of darkness.—“In the ordinary commerce of adult life, there is probably nothing half so distressing as the night-fears of the young—the horrible dread of solitude and darkness, which crushes the childish heart. There are some sensitive and excitable children whose lives are embittered by these vague apprehensions of night dangers, of which ghosts and thieves are the most tremendous, for all the latter part of each day is overloaded by the dreadful shadow of approaching bedtime.”\*

*Treatment of night-terrors.*—If they have been caused by the folly of the nurse, discharge her at once, and be careful to select a more discreet one. When the child retires to rest, leave a candle burning, and let it burn all night; sit with him until he is asleep; and take care that either you yourself, or some kind person, is near at hand, in case he should rouse up in one of his night-terrors. Do not scold him for being frightened—he cannot help it; but soothe him, calm him, take him into your arms, and let him feel that he has some one to rest upon, to defend, and to protect him. In these cases it is frequently necessary before he can be cured, to let him have change of air and change of scene. In the day-time, let him live a great part of the day in the open air.

A nurse-maid should never, ON ANY ACCOUNT WHATSOEVER, be allowed to whip a child.—“Does ever any man or woman remember the feeling of being ‘whipped’—as a child—the fierce anger, the insupportable ignominy, the longing for revenge, which blotted out all thought of contrition for the fault or rebellion against the punishment? With this recollection on their own parts, I can hardly suppose any parents venturing to inflict it—much less allowing its infliction by another, under any circumstances whatever. A nurse-maid or domestic

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\* *The Cornhill Magazine*, April, 1862.

of any sort, once discovered to have lifted up her hand against a child, ought to meet instant severe rebuke, and, on a repetition of the offence, instant dismissal.”\*

Let a child be employed—take an interest in his employment—let him fancy that he is useful: **AND HE IS USEFUL**,—he is laying in a stock of health. He is much more usefully employed than many other grown-up children are!

152. *If a child be peevish, and apparently in good health, have you any plan to offer to allay his irritability?*

A child’s troubles are soon over if not prolonged by improper management:

“The tear down childhood’s cheek that flows,  
Is like the dew-drop on the rose;  
When next the summer breeze comes by,  
And waves the bush, the flower is dry.”†

Never allow a child to be teased: it spoils his temper. If he be in a cross humour, take no notice of it, but divert his attention to some pleasing object. This may be done without spoiling him. Do not combat bad temper with bad temper—noise with noise. Be firm, be kind, be gentle,‡ be loving, speak quietly, smile tenderly, and embrace him fondly, but **INSIST UPON IMPLICIT OBEDIENCE**, and you will have, with God’s blessing, a happy child:—

“When a little child is weak  
From fever passing by,  
Or wearied out with restlessness,  
Don’t scold him if he cry.

Tell him some pretty story—  
Don’t read it from a book;  
He likes to watch you while you speak,  
And take in every look.

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\* *A Woman’s Thoughts about Women.*

† Sir Walter Scott.

‡ “But we were gentle among you, even as a woman cherisheth her children.”—*Thessalonians* ii, 7.

Or sometimes singing gently—  
A little song may please,  
With quiet and amusing words,  
And tune that flows with ease.

Or if he is impatient,  
Perhaps from time to time  
A simple hymn may suit the best,  
In short and easy rhyme.

The measur'd verses flowing  
In accents clear and mild,  
May blend into his troubled thought,  
And soothe the little child.

But let the words be simple  
And suited to his mind,  
And loving, that his weary heart  
A resting-place may find.”\*

Do not be always telling your child how wicked he is; what a naughty boy he is;—that GOD will never love him, and all the rest of such twaddle. Do not, in point of fact, bully him,—as many poor little children are bullied! It will ruin him if you do,—it will make him in after years either a coward or a tyrant. Such conversations, like constant droppings of water, will make an impression, and will cause him to feel, that it is of no use to try to be good—that he is hopelessly wicked! Instead of such language,—give him confidence in himself; rather find out his good points, and dwell upon them; praise him where and whenever you can; and make him feel that by perseverance, and by GOD’s blessing, he will make a good man.—Speak truthfully to your child: if you once deceive him, he will not believe you for the future. Not only so, but if you are truthful yourself, you are likely to make him truthful—like

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\* *Household Verses on Health and Happiness.* London: Jarrold and Sons. I should advise every mother to purchase a copy of this delightful little book. Unlike a great deal of poetry—it is both useful and truthful.

begets like.—There is something beautiful in truth! A lying child is an abomination! Sir Walter Scott says—“that he taught his son to ride, to shoot, and to tell the truth.”

Let a child be nurtured in love.—“It will be seen that I hold this law of kindness as the Alpha and Omega of education. I once asked one—in his own house, a father in everything but the name, his authority unquestioned, his least word held in reverence, his smallest wish obeyed—‘How did you ever manage to bring up these children?’ He said, ‘*By love.*’”\*

Let every word and action prove that you love your children. Enter into all their little pursuits and pleasures. Join them in their play, and “be a child again.” If they are curious,—do not check their curiosity; but rather encourage it: for they have a great deal—as we all have—to learn, and how can they know, if they are not taught? You may depend upon it, the knowledge they obtain from observation is far superior to that obtained from books. Let all you teach them,—let all you do,—and let all you say, bear the stamp of love.—“Endeavour, from first to last, in your intercourse with your children, to let it bear the impress of *love*. It is not enough that you *feel* affection towards your children; that you are devoted to their interests; you must show, in your manner, the fondness of your hearts towards them,—young minds cannot appreciate great sacrifices made for them; they judge their parents by the words and deeds of every-day life. They are won by *little* kindnesses, and alienated by *little* acts of neglect or impatience. One complaint unnoticed, one appeal unheeded, one lawful request arbitrarily refused, will be remembered by your little ones, more than a thousand acts of the most devoted affection.”†

A placid, well-regulated temper is very conducive to

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\* *A Woman's Thoughts about Women.*

† *The Protoplast.*

health. A disordered, or an overloaded stomach, is a frequent cause of peevishness. Of course, in such cases, appropriate treatment will be necessary.

153. *Do you approve of a carpet in a nursery?*

No; unless it be a small piece for the child to roll on. A carpet harbours dirt and dust, which dust is constantly floating about the atmosphere, and thus making it impure for the child to breathe. The truth of this may be easily ascertained by entering a darkened room, where a ray of sunshine is struggling through a crevice in the shutters. If the floor of a nursery must be covered, let drugget be laid down; as this may be taken up and shaken every morning. The less furniture a nursery contains the better, for much of it obstructs the free circulation of the air.

154. *Supposing there is not a fire in the nursery grate, should the chimney be stopped, to prevent a draught in the room?*

CERTAINLY NOT. I consider the use of a chimney to be two-fold:—first, to carry off the smoke; and secondly (which is of quite as much importance), to ventilate the room by carrying off the impure air, loaded as it is with carbonic-acid gas—the refuse of respiration.

#### EXERCISE.

155. *Do you approve of sending a child out BEFORE breakfast during the summer months?*

I do, when the weather will permit, and provided the wind is not in an easterly or in a north-easterly direction: indeed, A CHILD CAN SCARCELY BE TOO MUCH IN THE OPEN AIR.

156. *Should a child be early put on his feet to walk?*

No: let him learn to walk himself. He should be put upon a carpet; and it will be found, that when he is strong enough, he will hold by a chair, and stand alone: when he can do so, and attempts to walk, he may then be supported. On first putting a child upon his feet,



be guided by his own wishes. As soon as he is strong enough to walk, he will have the inclination to do so. When he has the inclination and the strength, it will be folly to restrain him; if he has neither the inclination nor the strength, it will be absurd to urge him on. Therefore, to a certain extent, rely upon the inclination of the child himself. Self-reliance cannot be too early taught a child, and, indeed, every one else. In the generality of instances, however, a child is put on his feet too soon; and the bones, at that tender age, being very flexible, bend—causing bowed and bandy-legs; and the knees, being weak, approximate too closely together, and thus they become—knock-kneed.

This advice of NOT putting a child early on his feet, I must strongly insist on,—as many mothers are so ridiculously ambitious that their children should walk early—that they should walk before other children have attempted to do so—that they have frequently caused the above lamentable deformities!

157. *Do you approve of perambulators?*

I do not—for two reasons: first, because when a child is strong enough, he had better walk as much as he will, and, secondly,—the motion is not so good, and the muscles are not so much put into action, and, consequently, cannot be so well developed, as when he is carried.—A perambulator is very apt to make a child stoop, and to make him crooked and round-shouldered. He is cramped by being so long in one position.—It is painful to notice an infant of a few months old in one of these new-fangled perambulators. His little head is bobbing about, first on one side and then on the other—at one moment it is dropping on his chest, the next, it is forcibly jolted behind. Again, these carriages are dangerous in crowded thoroughfares.—They are a public nuisance,—inasmuch as they are wheeled against people's legs, and are a fruitful source of the breaking of shins, of the spraining of ankles, of the crushing of corns, and of the ruffling of the tempers of the un-

fortunate foot-passengers who come within their reach; while, in all probability, the gaping nurses are looking another way—any way indeed but the right!

A nurse's arms are the only proper carriage for a *young* child to take exercise in. She should change about, first carrying him on one arm, and then on the other. Nursing him on one arm only may give his body a twist on one side, and thus will make him crooked.

When he is old enough to walk, and is able properly to support the weight of his own back, then there will be no objection to his riding, occasionally, in a perambulator, provided it be not in a crowded thoroughfare; but when he is older still, and can sit a donkey or a pony, such exercise will be more beneficial, and will afford him much greater pleasure.

158. *Supposing it to be wet under foot, but dry above, do you then approve of sending a child out?*

If the wind be not in the east or the north-east, and if the air be not damp, let him be well wrapped up and sent out. Of course, if he be labouring under an inflammation-of-the-lungs—however slight—or if he be just recovering from one, it would be improper. In the management of a child, we must take care neither to coddle, nor to expose him unnecessarily, as both are dangerous.

159. *How many times a day should a child be sent out in fine weather?*

LET HIM BE SENT OUT AS OFTEN AS POSSIBLE. IF A CHILD LIVED MORE IN THE OPEN AIR, HE WOULD NOT BE SO SUSCEPTIBLE OF DISEASE, NOR WOULD HE SUFFER SO MUCH FROM TEETHING.

160. *Supposing the day to be wet, what exercise would you then recommend?*

The child should run about a large room, or about the hall; and if it does not rain violently, you should put on his hat and throw up the window: taking care that he does not stand still while the window is open.

Do not, on any account, allow a child to sit any length of time at a table, amusing himself with books, &c.; let

him be active and stirring, that his blood may freely circulate as it ought to do, and that his muscles may be well developed. I would rather see him actively engaged in mischief, than sitting still, doing nothing.

161. *Supposing it to be winter, and the weather to be very cold, would you still send a child out?*

DECIDEDLY, provided he be well wrapped up. The cold will brace and strengthen him. Cold weather is the finest tonic in the world.

In frosty weather—the roads being slippery—when you send your child out to walk, put a pair of old woollen socks or stockings *over* his boots or shoes: this will not only keep his feet and his legs warm, but it will prevent him from falling down and hurting himself.

#### AMUSEMENTS.

162. *Have you any remarks to make on the amusements of a child?*

Let the amusements of a child be, as much as possible, out of doors; let him spend the greater part of every day in the open air; let him exert himself as much as he pleases—his feelings will tell him when to rest, and when to begin again; let him be, what nature intended him to be,—a happy, laughing, joyous child. Do not let him be always poring over books:—

“Books! ’tis a dull and endless strife,  
Come, hear the woodland linnet!  
How sweet his music! On my life  
There’s more of wisdom in it.  
And hark! how blithe the throstle sings!  
He, too, is no mean preacher:  
Come forth into the light of things,  
Let Nature be your teacher.  
She has a world of ready wealth,  
Our minds and hearts to bless,—  
Spontaneous wisdom breathed by health,  
Truth breathed by cheerfulness.

One impulse from a vernal wood,  
 May teach you more of man,  
 Of moral evil and of good,  
 Than all the sages can." \*

He should be encouraged to engage in those sports wherein the greatest number of muscles are brought into play. For instance,—to play at ball, or hoop, or football, to run to certain distances and back; and, if a girl, to amuse herself with a skipping-rope; such being excellent exercise:—

"By sports like these are all their cares beguild,  
 The sports of children satisfy the child." †

Every child, where it be practicable, should have a small plot of ground to cultivate, that he may dig and delve in it, and make dirt-pies if he chooses. Now-a-days, unfortunately, children are not allowed to soil their hands and their fine clothes. For my own part, I dislike such model children: let a child be natural; let him, as far as is possible, choose his own sports. Do not be always interfering with his pursuits, and be finding fault with him. Remember, what may be amusing to you, may be distasteful to him. Of course, I do not mean but that you should constantly have a watchful eye over him; yet do not let him see that he is under restraint, or you will never discover his true character and inclinations.

Not only so, but do not dim the bright sunshine of his early life by constantly checking and thwarting him. Tupper beautifully says:—

"And check not a child in his merriment,—  
 Why should not his morning be sunny?"

When, therefore, he is in the nursery, or in the playground, let him shout and riot and romp about as much as he pleases. His lungs and his muscles want developing, and his nerves require strengthening; and how can

\* Wordsworth.

† Goldsmith.

such be accomplished unless you allow them to be developed and strengthened by natural means?

The nursery is a child's own domain—it is his castle—and he should be Lord Paramount therein. If he chooses to blow a whistle, or to spring a rattle, or to make any other hideous noise—which to him is sweet music—he should be allowed to do so without let or hinderance. If any members of the family have weak nerves, let them keep at a respectful distance.

Children who never get into mischief must be either sly, delicate, or idiotic; indeed, the system of many persons, in bringing up children, is likely to make them either the one, or the other. The present plan of training children, is nearly all work (books), and very little play. **PLAY, AND PLENTY OF IT, IS NECESSARY TO THE VERY EXISTENCE OF A CHILD.**

A boy not partial to mischief—innocent mischief—and play, is unnatural; he is a man before his time, he is a nuisance, he is disagreeable to himself and to every one around. “A boy not fond of fun and frolic may possibly make a tolerable man, but he is an intolerable boy.”

At the present time, girls are made clever simpletons: their brains are worked with useless knowledge, which totally unfits them for every-day duties. Their muscles are allowed to be idle, which makes them limp and flabby. The want of proper exercise ruins the complexion, and their faces become of the colour of a tallow candle! And precious wives and mothers they make when they grow up! Grow up, did I say! They grow all manner of ways, and are as crooked as crooked sticks!

Hear what a modern and sensible writer says on the subject of play. The book is addressed to girls. He says:—“To be fond of play is so natural at your age, that no one would ever think of finding fault with it. Providence has made it natural for all young creatures to sport and gambol. You see this in the lamb, the kid, the kitten, and the domestic fowls. It is wisely and

mercifully arranged, to ensure that exercise which is necessary for the growth of the body, and the opening and strengthening of the limbs. Besides, much that we call play, is really learning. There are many things which we need to know, that are taught in no schools, except the school of play \* \* \*. Perhaps you are ready to ask me, what are the best plays for a little girl? I answer, Play is play, and that is best which you like best, provided it is innocent, healthful, and moderate. It would be very unwise in me to set you a task of play : you would soon grow weary of your doll, your tea-things, your graces, or your cup-and-ball, if you were commanded to play with them an hour every day \* \* \*. Plays in the open air are the best of all. Exercise out of doors is good for the health. Look at those children who are kept very much within the house. How pale they are! If you feel their arms, you will find them soft and weak. Little girls who go to school, and sit there several hours over their books, need, in a special manner, the open air, to give a colour to their cheeks, and to prepare them for after life. When the weather is very bad, your parents will direct you to stay within; but if they are wise, they will not allow you to be too much afraid of a little sunshine or rain, or even of a gentle snow. You are to live in a rough world, and it will not do for you to become too tender.”\*

A child should not be allowed to have playthings with which he can injure himself;—such as toy-swords, toy-cannons, toy-paint-boxes, knives, bows and arrows, &c.

*Painted* toys are many of them highly dangerous—those painted green especially—as the colour generally consists of Scheele’s green—arsenite of copper.—“A sudden and heavy rain drove us for shelter into the Lowther Arcade, and while there we amused ourselves for a time by watching the children turn over the toys displayed, embarrassed in their choice of an object by

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\* *Daily Duty*. London : T. Nelson and Sons.

the very extent of the choice offered. We could not help remarking the extreme brilliancy of the green paint with which some of them were decorated, and the idea at once occurred to us that arsenite of copper might count for something in this. We bought three or four toys embellished with this colour, and on reaching our laboratory, subjected them to analysis, the result of which proved that arsenic, in the form of arsenite of copper (Scheele's green) was there present in so large a proportion as to render it a most dangerous risk to place such playthings in the hands of children.\*

Children's paint-boxes are very dangerous toys for a child to play with:—many of the paints are poisonous—containing arsenic, lead, gamboge, &c—and a child, when painting, is apt to put the brush into his mouth, to absorb the superabundant fluid.—“Dr. Rose, of Hampstead,† relates the narrow escape of a child, aged nine months, whose life was endangered by sucking a green paint out of a child's paint-box. The paint proved to be Scheele's green.”—Scheele's green is arsenite of copper.

A child should not be allowed to play with “air-balls,”—as these toys are frequently painted with poisonous substances. “‘Air-balls’ of coloured india-rubber‡ were found by a coroner's jury to have been the cause of death to two of the children of a manufacturer of these toys. The bright green colour on toys of various descriptions has been found to consist of arsenite of copper.”§

Moreover, in the manufacturing of these “air-balls,” the workmen || use, to soften the india-rubber, the bisulphide of carbon—which is a DEADLY poison.

\* *The Chemical News.*

† *Lancet*, March 5th, 1859.

‡ *Medical Times and Gazette*, May 22, 1848.

§ *Chemical News*, Dec., 1860.

The above extracts are copied from a Review on ‘Arsenic Poisoning,’ in the *British and Foreign Medico-Chirurgical Review* for January, 1862.

|| “The workmen in this case inhale a poison which is so

But, remember, although he should not be allowed to have poison-painted toys, HE MUST HAVE AN ABUNDANCE OF TOYS—such as,—the white-wood toys—brewers' drays, millers' waggons, boxes of wooden bricks, &c. The Noah's Ark is one of the most amusing and instructive toys for a child.—“Those fashioned out of brown, unpainted pine-wood by the clever carvers of Nuremberg or the Black Forest are the best, I think, not only because they are the most spirited, but because they will survive a good deal of knocking about, and can be sucked with impunity. From the first dawn of recollection, children are thus familiarised with the forms of natural objects, and may be well up in natural history before they have mastered the A B C.”\*

Parents often make Sunday a day of gloom: to this I much object. Of all the days in the week, Sunday should be the most happy and joyous. It is considered by our Church a festival; and a glorious festival it ought to be made, and one on which our Heavenly Father wishes to see all His children happy and full of innocent joy! Let Sunday, then, be made a cheerful, joyous, innocently happy day, and not, as it frequently is, the most miserable and dismal in the week.

One of the great follies of the present age, is, children's parties: where they are allowed to be dressed up like grown-up women—stuck out in crinoline!—and encouraged to eat rich cake and pastry, and to drink wine, and to sit up late at night!—“I do not believe that human ingenuity ever invented anything worse for the health, heart, or happiness; anything at once so poisonous to body and soul. I do not, of course, refer to a social

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terrible in its results that it can scarcely be considered without a shudder.”—*Work and Overwork* in the *Social Science Review* (July 18, 1863), by Dr. Richardson.

\* From an excellent article *About Toys*, by J. Hamilton Fyfe, in *Good Words* for December, 1862, which I should strongly advise a mother to read.



intercourse between the children of different families—that should be encouraged. I mean regular parties, in imitation of high life, where children eat confectionery, stay late, dress in finery, talk nonsense, and affect what they do not feel, just as their elders in the fashionable world do. It is a heart-sickening sight to see innocent creatures thus early trained to vanity and affectation. In mercy to your children, trust not their purity and peace to such a sickly and corrupting atmosphere.”\*

163. *Do you approve of public play-grounds for children?*

It would be well, in every village, and in the outskirts of every town, if a large plot of ground were set apart for children to play in. **PLAY IS ABSOLUTELY NECESSARY TO A CHILD'S EXISTENCE**, as much as food and sleep; but in many parts of England, where is he to have it? Charles Dickens, at the first festival dinner of the Play-ground Society, in speaking of the importance of public play-grounds for children, made the following wise remarks:—"I begin with children, because we all began as children; and I confine myself to children to-night, because the child is father of the man: some majestic minds out of doors may, for anything I know, and certainly for anything I care, consider it a very humdrum and low proceeding to stop, in a country full of steam-engines, power-looms, big ships, monster mortars, and great guns of all sorts, to consider where the children are to play. Nevertheless, I know that the question is a very kind one, and a very necessary one. The surgeon and the recruiting sergeant will tell you with great emphasis, that the children's play is of immense importance to a community, in the development of bodies; and the clergyman, the schoolmaster, and the moral philosopher, in all degrees, will tell you, with no less emphasis, that the children's play is of great importance to a community, in the development of

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\* *The Mother's Book.* By Mrs. Child.

minds. I venture to assert that there can be no physical health without play, that there can be no efficient and satisfactory work without play, that there can be no sound and wholesome thought without play. A country full of dismal little old men and women, who had never played, would be in a mighty bad way indeed; and you may depend upon it, that without play, and good play too, those powerful English cheers which have driven the sand of Asia before them, and made the very ocean shake, would degenerate into a puling whisper, that would be the most consolatory sound that can possibly be conceived to all the tyrants on the face of the earth."

There is so much talk now-a-days about *useful* knowledge, that the importance of play and play-grounds is likely to be forgotten.—I cannot help thinking, however, that a better state of things is dawning:—"It seems to be found out that in our zeal for useful knowledge that knowledge is found to be not the least useful which treats boys as active, stirring, aspiring, and ready."\*

## EDUCATION.

164. *Do you approve of infant schools?*

I do, if the arrangements be such that health is preferred before learning.† Let children be only confined for two or three hours a day, and let what little they learn be taught as an amusement rather than as a labour.

\* *The Saturday Review*, December 13, 1862.

† "According to Aristotle, more care should be taken of the body than of the mind for the first seven years; strict attention to diet be enforced, &c. \* \* \* The eye and ear of the child should be most watchfully and severely guarded against contamination of every kind, and unrestrained communication with servants be strictly prevented. Even his amusements should be under due regulation, and rendered as interesting and intellectual as possible."—The Rev. John Williams, in his *Life and Actions of Alexander the Great*.

A play-ground ought to be attached to an infant's school; where, in fine weather, for every half-hour they spend in-doors, they should spend one in the open air; and, in wet weather, they should have, in lieu of the play-ground, a large room to romp, and shout, and riot in. To develop the different organs, muscles, and other parts of the body, children require fresh air, a free use of their lungs, active exercise, and their bodies to be thrown into all manner of attitudes. Let a child mope in a corner, and he will become stupid and sickly. The march of intellect, as it is called, or rather the double-quick-march of intellect, as it should be called, has stolen a march upon health. Only allow the march of intellect and the march of health to take equal strides, and then we shall have "*mens sana in corpore sano*" (a sound mind in a sound body).

In the education of a young child, it is better to instruct him by illustration and by encouraging observation on things around and about him, than by books. It is surprising how much may be taught in this way without endangering the health. In educating your child, be careful to instil and to form good habits.—“It is wonderful how soon an evil habit is formed, and how hard it is to get rid of it. We see it, even in little things; in very little things \* \* \*. You see how hard it is to break off an evil habit. Beware how you contract any such. If you wish to keep weeds out of your flower-bed, you pull them up when they are young, as soon as you can seize them. Do the same with ill habits. Make war upon them the moment you see them. Crush them as you would the eggs of a viper. Education is intended to form good habits, and destroy bad ones. You know the golden lines—

‘Tis education forms the youthful mind;  
Just as the twig is bent, the tree's inclined.’

Act upon it; every day, every hour, you are doing something to form a habit. How important, then, is this

spring-time of your life, and how careful should you be to use it, so that you may not lament it hereafter." \*

Children are too highly educated at the present day,—their brains are overtaxed, and thus weakened. The consequence is,—that as they grow up to manhood, they become fools! *Children* are now taught what formerly *youths* were taught!

165. *At what age do you advise my child to begin his course of education—to have his regular lessons?*

In the name of the Prophet,—Figs! Fiddlesticks! about courses of education and regular lessons for a child! You may as well ask me when he—a child—is to begin—Hebrew, the Sanscrit, and Mathematics! Let him have a course of education in—PLAY; let him go through regular lessons—in ball, foot-ball, bandy, playing at tic, hares and hounds, and such like excellent and really useful and health-giving lessons. Begin his lessons? Begin brain-work, and make an idiot of him? Oh! for shame, you mothers! You who pretend to love your children so much, and to tax—otherwise to injure, irreparably to injure—their brains, and, thus, their intellects, and their health, and to shorten their very days. And all for what? To make prodigies of them! Forsooth! to make fools of them in the end. Hear—and not only hear, but impress it upon your memory—what that delightful and charming writer, A. K. H. B. in *Frazer's Magazine*,† says on the subject:—"A great trouble, always pressing heavily on many a little mind, is that it is overtaken with lessons. You still see, here and there, idiotic parents striving to make infant phenomena of their children, and recording with much pride how their children could read and write at an unnaturally early age. Such parents are fools; not necessarily malicious fools, but fools beyond question. The great use to which the first six or seven years of life should be

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\* *Daily Duty*. London: T. Nelson and Sons.

† March, 1862.

given is the laying the foundation of a healthful constitution in body and mind; and the instilling of those first principles of duty and religion which do not need to be taught out of any books. Even if you do not permanently injure the young brain and mind by prematurely overtasking them; even if you do not permanently blight the bodily health, and break the mind's cheerful spring; you gain nothing. Your child, at fourteen years old, is not a bit further advanced in his education than a child who began his years after him; and the entire result of your stupid driving has been to overcloud some days which should have been among the happiest of his life."

As over-education of children is the crying evil of the day, I cannot help quoting the opinion of another great man—Sir Benjamin Brodie—on the subject:—"There is much truth in the vulgar proverb that 'all work and no play makes Jack a dull boy.' I believe with you, that it is only to a limited extent that the education of children can be advantageously combined with bodily labour. Even in the case of grown-up persons, some intervals of leisure are necessary to keep the mind in a healthful and vigorous state. It is thus when relieved from the state of tension belonging to actual study, that boys and girls, as well as men and women, acquire the habit of thought and reflection, and of forming their own conclusions, independently of what they are taught and the authority of others. In younger persons, it is not the mind only that suffers from too large a demand being made on it for the purposes of study. Relaxation and cheerful occupation are essential to the proper development of the corporeal structure and faculties, and the want of them operates like an unwholesome atmosphere, or defective nourishment, in producing the lasting evils of defective health and a stunted growth, with all the secondary evils to which they lead."\*

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\* *Psychological Inquiries.* By Sir B. Brodie.

166. *Well then, as you have such a great objection to a child commencing his education early in life,—at what age, may he commence his lessons with safety? and which do you prefer—home-education or school-education?*

Home-education is far preferable to a school-education for a child.—If at home, he is under your own *immediate* observation, and is not liable to be contaminated by naughty children: for, in every school, there is, necessarily, a great mixture of the good and of the bad; and, unfortunately, a child is more likely to be led by a bad, than by a good, child.

Moreover, if the child be educated at home, the mother can see, that his brain is not over-worked.

Remember, as above stated, **THE BRAIN MUST HAVE BUT VERY LITTLE WORK UNTIL THE CHILD IS SEVEN YEARS OLD**: impress this advice upon your memory.

Build up a strong, healthy body, and, in due time, the brain will bear a *moderate* amount of intellectual labour.

As I have given *you* so much advice, permit me, for one moment, to address a word to the Father of your child:—

Let me advise you, then, Mr. *Paterfamilias*, to be careful how you converse—what language you use—while in the company of your child.—Bear in mind, a child is very observant, and thinks much, weighs well, and seldom forgets, all you say and all you do! Let no hasty word, then, and, more especially, no oath, or no impious language, ever pass your lips, if your child is within hearing. Of course, it is wicked to swear, at all times; but, it is heinously, and unpardonably sinful, to swear in the presence of your child!—"Childhood is like a mirror, catching and reflecting images. One impious or profane thought, uttered by a parent's lip, may operate upon the young heart like a careless spray of water thrown upon polished steel, staining it with rust, which no after scouring can efface."

167. *Are you an advocate for a child being taught singing?*

I am.—I consider singing a part of a child's education. Singing expands the walls of the chest, strengthens and invigorates the lungs, gives sweetness to the voice, improves the pronunciation, and is a great pleasure and amusement to a child.—“In the new establishment of infant schools for children of three and four years of age, everything is taught by the aid of song. Their little lessons, their recitations, their arithmetical counting, are all chanted; and as they feel the importance of their own voices when joined together, they emulate each other in the power of vociferating. This exercise is found to be very beneficial to their health. Many instances have occurred of weakly children of two or three years of age, who could scarcely support themselves, having become robust and healthy by this constant exercise of the lungs. These results are perfectly philosophical. Singing tends to expand the chest, and thus to increase the activity and powers of the vital organs.”\*

#### SLEEP.

168. *Do you approve of a child sleeping on a FEATHER bed?*

A feather bed enervates his body, causes rickets— if he be so predisposed—and makes him crooked. A horse-hair mattress, or a tick stuffed with oat-chaff†— or “flights” as it is sometimes called—is the best for a child to lie on. The pillow should be made of horse-hair.—A feather pillow often causes the head to be bathed in perspiration, thus enervating the child, and making him liable to take cold. If he be at all rickety,

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\* *Musical World.*

† The *oat-chaff* or *flights* may be procured of any farmer, and makes an excellent bed. It is the chaff of the first winnowing, and requires renewing every year.—If oat-chaff cannot readily be procured, a straw mattress may be substituted; but after all, there is nothing equal to a horse-hair mattress.

if he be weak in the neck, if he be inclined to stoop, or if he be at all crooked,—let him, by all means, lie without a pillow.

169. *Do you recommend a child to be put to sleep in the middle of the day?*

Let him be put on his mattress *awake* at twelve o'clock, that he may sleep for an hour or two before dinner, then he will rise refreshed and strengthened for the remainder of the day. I said,—let him be put down *awake*. He may cry for the first few times, but, by perseverance, he will fall to sleep without any difficulty. The practice of sleeping before dinner should be continued until he be two years old, and if he can be prevailed upon, even longer. For, if he do not have sleep in the middle of the day, he will be cross all the afternoon and the evening; and, when, he does go to bed, he will, probably, be too tired to sleep, or, his nerves having been exhausted by the long wakefulness, he will fall into a troubled, broken slumber, and not into that sweet, soft, gentle repose, so characteristic of healthy, happy childhood!

170. *At what hour should a child be put to bed in the evening?*

At six o'clock in the winter, and at seven in the summer. *Regularity* should be observed, as it is *very conducive to health*. It is a reprehensible practice to keep a child up until nine or ten o'clock at night. If this be done, he will become old before his time, and the seeds of disease will be sown.

As soon as he can run, let him be encouraged to race about the hall, or a large room, for half an hour before he goes to bed; which will be the best means of warming his feet, preventing chilblains, and making him sleep soundly.

171. *Do you advise a bed-room to be darkened at night?*

Certainly.—A child sleeps sounder and sweeter in a dark, than in a light room. There is nothing better, for the purpose of darkening a bed-room, than green blinds.



Remember, then, a well-ventilated, but a darkened chamber at night. The cot or the crib should NOT face the window,—“as the light is best behind.”\*

172. *What is the best position for a child to lie in,—on his back, or on his side?*

His side. He should be accustomed to change about; on the right side, one night; on the left, another; and, occasionally, for a change, he may lie on his back. By adopting this plan, you will not only improve his figure, but his health likewise.

173. *In the winter-time, do you advise that there should be a fire in the night-nursery?*

Certainly not, unless the weather be intensely cold. I dislike fires in bed-rooms, especially for children:—they are very enervating, and make a child liable to take cold. Cold weather is very bracing, particularly at night.—“Generally speaking,” says the *Siècle*, “during winter, apartments are too much heated. The temperature in them ought not to exceed 50° centigrade (59° Fahrenheit); and even in periods of great cold, scientific men declare that 12° or 14° had better not be exceeded. In the wards of hospitals, and in the chambers of the sick, care is taken not to have greater heat than 15°. Clerks in offices, and other persons of sedentary occupations, when the rooms in which they sit are too much heated, are liable to cerebral [brain] congestion and to pulmonary [lung] complaints. In bed-rooms, and particularly those of children, the temperature ought to be maintained rather low; it is even prudent only rarely to make fires in them, especially during the night.”

Of course a child's bed should be comfortably clothed with blankets.—I say, blankets—as they are much superior to coverlids: the perspiration will more readily pass through blankets than a coverlid.

Thick coverlids should never be used: there is nothing

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\* Sir Charles Locock in a *Letter* to the Author.

better, for a child's bed, than the old-fashioned patch-work coverlid.

174. *Should a child be washed and dressed AS SOON AS HE WAKES in the morning?*

He should, if he awake in anything like reasonable time; for if he doze after he is once awake, such slumber does him more harm than good. He should be up every morning as soon as it is light. If he be taught to rise early, it will make him an early riser for life; and will tend greatly to prolong his existence.

NEVER AWAKE A CHILD FROM HIS SLEEP—to dress him, to give him medicine, or for any other purpose—LET HIM ALWAYS SLEEP AS LONG AS HE CAN!—but the moment he awakes, let him be held out, and then let him be washed and be dressed; and do not wait—as many silly nurses do, until he has wetted his bed, until his blood is chilled, and until he is cross, miserable and uncomfortable! How many children are made ill by such foolish management!

The moment he leaves his bed, turn back, to the fullest extent, the clothes; in order that they may be thoroughly ventilated and sweetened. They should be exposed to the air for, at least, an hour before the bed is made. As soon as the child leaves his room, throw open the windows, be it winter or summer.

175. *Should a child lie alone?*

He may after he is weaned. He will rest more comfortably, and his sleep will be more refreshing.

176. *Supposing a child should not sleep well: what should be done? Would you give him a dose of composing medicine?*

CERTAINLY NOT.—Try the effects of exercise. Exercise in the open air is the best composing medicine in the world. Let the little fellow be well tired out, and there will be little fear of his not sleeping.

177. *Have you any further observations to make on the subject of sleep?*

Send a child joyful to bed. Do not, if you can possi-

bly help it, let him go to bed crying. Let the last impressions he has at night be of his happy home, and of his loving father and mother, and let his last thoughts be those of joy and gladness.—He will sleep all the sounder if he is sent to bed in such a frame of mind, and he will be more refreshed and nourished by his sleep in the morning.—“Send your little child to bed happy. Whatever cares press, give it a warm good-night kiss as it goes to its pillow. The memory of this in the stormy years which fate may have in store for the little one will be like Bethlehem’s star to the bewildered shepherds.—‘My father—my mother loved me!’ Fate cannot take away that blessed heart-balm. Lips parched with the world’s fever will become dewy again at this thrill of youthful memories. Kiss your little child before it goes to sleep.”\*

#### SECOND DENTITION.

178. *When does a child begin to cut his SECOND set of teeth?*

Generally at seven years old. The first set is sometimes cut with a great deal of difficulty, and produces various diseases; the second, or permanent teeth, come easily, and are unaccompanied with any disorder. The following is the process:—One after another of the *first* set gradually loosens, and either drop out, or are pulled out with little pain or trouble; under these the *second*—the permanent—teeth make their appearance, and fill up the vacant spaces. The fang of the tooth that has dropped out is nearly all absorbed, or eaten away, leaving little more than the crown. The first set consists of twenty; the second (including the wise-teeth, which are not, generally, cut until after the age of twenty-seven) consists of thirty-two.

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\* *Our Own Fire Side.* By the Rev. Charles Bullock, November, 1863.

I would recommend you to pay particular attention to the teeth of your children ; for, besides their being ornamental, their regularity and soundness are of great importance to the present, as well as to the future, health of your offspring. If there be any irregularity in the appearance of the *second* set, lose no time in consulting an experienced dentist.

## DISEASE, ETC.

179. *Do you think it important that I should be made acquainted with the symptoms of SERIOUS diseases of children ?*

Certainly.—I am not advocating the doctrine of a mother *treating serious* disease ; far from it, it is not her province—EXCEPT IN CERTAIN CASES OF EXTREME URGENCY, WHERE A MEDICAL MAN CANNOT BE PROCURED, AND WHERE DELAY MAY BE DEATH :—but I do insist upon the necessity of her knowing the *symptoms* of disease. My belief is,—that if parents were better informed on such subjects, many children's lives might be saved, much suffering might be averted, and much sorrow might be spared. The fact is,—the knowledge of the symptoms of disease, is, to a mother, almost a sealed book. If she were better acquainted with these matters, how much more useful would she be in a sick-room, and how much more readily would she enter into the plans and the views of the Medical man. By her knowledge of the symptoms, she would nip disease in the bud,—by having his advice in time.

It is really lamentable, to contemplate the amount of ignorance, that still exists among mothers in all that appertains to the diseases of children ; although, fortunately, they are beginning to see and to feel the importance of gaining instruction on such subjects : but the light is only dawning. A writer of the present day makes the following remarks, which somewhat bear on the subject in question. He observes :—“ In spite of

the knowledge and clear views possessed by the Profession on all that concerns the management of children, no fact is more palpable than that the most grievous ignorance and incompetency prevail respecting it among the public. We want some means of making popular the knowledge which is now almost restricted to Medical men, or, at most, to the well-educated classes.”\*

In former editions of this work, I did not give the TREATMENT of any serious diseases—however urgent.—In this edition, I have been induced—for reasons I will presently state—to give the TREATMENT of some of the more urgent SERIOUS diseases, where a Medical man cannot instantly be procured, and where delay may be death.

SIR CHARLES LOCOCK, who has taken a kind interest in this little work, has given me valid reasons why a mother should be so enlightened. The following extracts are from a letter which I received from SIR CHARLES on the subject, and which he has courteously allowed me to publish. He says,—“As an old Physician, of some experience, in complaints of infants and children, I may perhaps be allowed to suggest, that in a future edition, you should add a few words on the actual treatment of some of the more urgent infantile diseases.—It is very right to caution parents against superseding the doctor, and attempting to manage serious illness themselves; but your advice, with very small exceptions, always being ‘to lose no time in sending for a Medical man,’ much valuable and often irremediable time may be lost *when a Medical man is not to be had*.—Take for instance a case of croup,—there are no directions given at all, except to send for a Medical man, and always to keep medicines in the house which he may have directed. But how can this apply to a first attack? You state that a first attack is generally the worst. But why is it so? Simply because it often occurs when the parents do not recognise

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\* *Medical Times and Gazette.*

it, and it is allowed to get to a worse point than in subsequent attacks, when they are thoroughly alive to it.—As the very best remedy and often the only essential one, if given early, is a full emetic, surely it is better that you should give some directions as to this in a future edition, and I can speak from my own experience when I say, that an emetic *given in time*, and repeated to free vomiting, will cut short *any* case of croup.—In nine cases out of ten, the attack takes place in the evening or early night, and when vomiting is effected, the dinner of that day is brought up nearly undigested, and the severity of the symptoms at once cut short.—Whenever any remedy is valuable, the more by its being administered *in time*, it is surely wiser to give directions as to its use, although, as a general rule, it is much better to advise the sending for medical advice.”

The above reasons—coming from such a learned and experienced Physician as Sir Charles Locock—are conclusive, and have decided me to comply with his advice, —to enlighten a mother on the TREATMENT of some of the more urgent diseases of infants and children.

In a subsequent letter, addressed to myself, Sir Charles has given me the names of those *urgent* diseases, which he considers may be treated by a mother,—“where a Medical man cannot be procured quickly, or not at all,” —they are—Croup; Inflammation-of-the-lungs; Diphtheria; Dysentery; Diarrhoea; Hooping-cough, in its various stages; and Shivering-fit.

Sir Charles sums up his letter to me by saying,—“Such a book ought to be made as complete as possible, and the objections to medical treatment being so explained as to induce mothers to try to avoid Medical men is not so serious, as that of leaving them without any guide in those instances where every delay is dangerous, and yet where medical assistance is not to be obtained or not to be had quickly.”

In addition to the above,—I shall give you the TREATMENT of Bronchitis, Measles, and Scarlet-fever.—Bron-

chitis is one of the most common diseases incidental to childhood, and with judicious treatment, is readily managed by a sensible mother, in the absence of the Medical man.—Measles is very amenable to treatment.—Scarlet-fever—if certain rules be strictly followed, is also equally amenable to treatment.

I have been particularly fortunate in treating Scarlet-fever, and therefore think it desirable to enter fully into the treatment of a disease—which is looked upon by many parents,—and with just cause according to the usual mode of treatment—with just consternation and dread.—By giving my plan of treatment—fully and simply and without the slightest reservation—I am fully persuaded, through GOD's blessing, that I may be the humble means of saving the lives of numbers of children.

It will scarcely be credited—but it is a fact notwithstanding—that within the last fourteen years, I have lost but one case of scarlet-fever; although I have a very extensive practice among children, and consequently have attended, during that time, numerous cases.

The diseases that may be treated by a mother, in the absence of a Medical man, will form the subject of future Conversations.

180. *At what age does Water-on-the-brain usually occur, and how is a mother to know that her child is about to labour under that disease?*

Water-on-the-brain, is, as a rule, a disease of childhood: after a child is seven years old, it is comparatively rare. It more frequently attacks delicate children—children who have been dry-nursed (especially if they have been improperly fed);—or, who have been suckled too long;—or who have had consumptive mothers;—or who have suffered severely from teething;—or who are naturally of a feeble constitution. Water-on-the-brain sometimes follows an attack of inflammation-of-the-lungs; more especially, if depressing measures (such as excessive leeching) have been adopted. It occasionally follows

in the train of contagious eruptive diseases,—such as, small-pox and scarlatina. We may divide the symptoms of water-on-the-brain into two stages. The first—the premonitory stage—which lasts four or five days; in which medical aid may be of great avail: the second—the stage of drowsiness and of coma—which usually ends in death.

I shall dwell only on the first—the premonitory stage—in order that a mother may see the importance of calling in a Medical man without loss of time:—

If her child be feverish and irritable, if his stomach be disordered, if he have a foul breath, if his appetite be capricious and bad, if his nights be disturbed—screaming out in his sleep—if his bowels be disordered—more especially if they be constipated,—if he be more than usually excited, if his eye gleam with unusual brilliancy, if his tongue run faster than it is wont, if his cheek be flushed and his head be hot, and if he be constantly putting his hand to his head—there is cause for suspicion. If to these symptoms be added,—a more than usual carelessness in tumbling about, in hitching his foot in the carpet, or in dragging one foot after the other;—if, too, he has complained of darting, shooting, lancinating pains in the head,—it may then be known, that the first stage of inflammation (the forerunner of water-on-the-brain) either has taken, or is about taking place. Remember, NO TIME SHOULD BE LOST IN OBTAINING MEDICAL AID; for the COMMENCEMENT of the disease is the golden opportunity, when the child's life may probably be saved.

181. *At what age, and in what neighbourhood, is a child most liable to Croup, and when is a mother to know that it is about to take place?*

It is unusual for a child to have croup until he is twelve months old; but, from that time until the age of two years, he is more liable to it, than at any other period.—After two years, the liability gradually lessens, until he is ten years old, after which time it is rare.



A child is more liable to croup in a low and damp, than in a high and dry neighbourhood; indeed, in some situations, croup is almost an unknown disease; while in others, it is only too well understood.—Croup is more likely to prevail, when the wind is easterly or north-easterly.

There is no disease THAT REQUIRES MORE PROMPT TREATMENT THAN CROUP; and none that creeps on more insidiously. At first, the child seems to be labouring under a slight cold, and is troubled with a little DRY cough; he is hot and fretful, and HOARSE when he cries.

—Dr. Watson observes:—"Now with respect to this last symptom, Dr. Cheyne makes the following practical remark. Hoarseness (he says,) in very young children does not usually attend common catarrh [cold]. When noticed in a district where croup is not unfrequent, it ought to put the parents or the medical attendant of the child upon their guard; especially as much depends upon the early treatment of the disorder. With these symptoms the child is feverish and fretful, and does not sleep well. In the course of a day or two the signs peculiar to croup begin to show themselves."\*

At length, HIS VOICE BECOMES GRUFF, HE BREATHES AS THOUGH IT WERE THROUGH MUSLIN, AND THE COUGH BECOMES CROWING. These three symptoms prove that the disease is now fully formed. Sometimes, these latter symptoms come on without any previous warning: the child going to bed apparently quite well; until the mother is awakened in the middle of the night, disturbed and frightened,—by her child labouring under the characteristic cough and other symptoms of croup. If she delay to send for assistance, OR IF PROPER MEDICINES BE NOT GIVEN, in a few hours it will, probably, be of no avail, and, in a day or two, the little sufferer will be a corpse.

When once a child has had croup, the after attacks

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\* *Lectures on the Principles and Practice of Physic.*

are generally milder. If he has once had an attack of croup, I should advise you always to have in the house medicine—a 4 oz. bottle of IPECACUANHA WINE—to fly to at a moment's notice; \* but never omit, where practicable, in a case of croup, whether the attack be severe or mild, to send IMMEDIATELY for medical aid. THERE IS NO DISEASE IN WHICH TIME IS MORE PRECIOUS THAN IN CROUP, AND WHERE THE DELAY OF AN HOUR MAY DECIDE FOR LIFE OR DEATH.

182. *But suppose a Medical man is not IMMEDIATELY to be procured, what, then, am I to do?—more especially as you say,—that delay may be death?*

*What to do.*—I never, in my life, lost a child with croup, where I was called in at the COMMENCEMENT of the disease, and where my plans were carried out to the very letter.—Let me begin by saying,—look well to the goodness and purity of the medicine,—for the life of your child may depend upon the medicine being genuine. What medicine?—IPECACUANHA WINE! AT THE EARLIEST DAWN OF THE DISEASE,—GIVE A TEASPOONFUL OF IPECACUANHA WINE, EVERY FIVE MINUTES,—UNTIL FREE VOMITING IS EXCITED;—then, place the child in a warm bath for a quarter of an hour.† When out of the bath, give the child small doses of Ipecacuanha Wine, every two or three hours.—The following is a palatable form for the mixture:—

Take of—Wine of Ipecacuanha, three drachms;

Simple Syrup, three drachms;

Water, six drachms:

Make a mixture. A teaspoonful to be taken every two or three hours.

But remember, the emetic which is given *at first*, is

\* In case of a sudden attack of croup, INSTANTLY give a teaspoonful of Ipecacuanha Wine, and repeat it every five minutes, until free vomiting be excited.

† See “Warm-baths”—directions and precautions to be observed.

PURE IPECACUANHA WINE, WITHOUT A DROP OF EITHER WATER OR SYRUP.

If it be a severe case of croup,—apply a narrow strip of *Smith's Tela Vesicatoria* to the throat,—prepared in the same way as for a case of Inflammation-of-the-lungs (see the Conversation on the *treatment* of Inflammation-of-the-lungs).—With this only difference,—let it be a narrower strip—only one half the width there recommended,—and apply it to the throat instead of to the chest.

Keep the child from all stimulants; let him live on a low diet,—such as milk-and-water, toast-and-water, arrow-root, &c.; and let the room be, if practicable, at a temperate heat—60° Fahrenheit,—but well ventilated.

So you see that the *treatment* of croup is very simple, and the plan may be carried out by any intelligent mother. Notwithstanding which, it is your duty, where practicable, to send for a Medical man at the very onset of the disease.

Let me again reiterate that if your child is to be saved,—the IPECACUANHA WINE MUST BE GENUINE AND GOOD.—This can only be effected, by having the medicine from a highly respectable chemist. Again, if ever your child has had croup,—let me again urge you, ALWAYS to have in the house a 4 oz. bottle of IPECACUANHA WINE,—that you may resort to at a moment's notice;—in case there be the slightest return of the disease.

Ipecacuanha Wine is not a medicine that keeps well; therefore, every three or four months—a fresh bottle should be procured from a Medical man or from a chemist.

*What NOT to do.*—Do not give emetic-tartar; do not apply leeches; do not keep the room very warm; do not give stimulants; do not omit to have a bottle of Ipecacuanha Wine always in the house.

183. *I have heard Child-crowing mentioned as a formidable disease: would you describe the symptoms?*

Child-crowing—or spurious croup as it is sometimes called—is occasionally mistaken for *genuine* croup.—It

is a more frequent disorder than the latter, and requires a different plan of treatment. Child-crowing is a disease that almost invariably occurs during dentition, and is most PERILOUS. But, if a child, labouring under it, can fortunately escape suffocation until he has cut the whole of his first set of teeth—twenty—he is, then, as a rule, safe.

Child-crowing comes on in paroxysms. During the intervals, the breathing is quite natural; indeed, the child appears perfectly well. Hence,—the dangerous nature of the disease is overlooked or is lightly thought of; until, perhaps, a paroxysm, worse than common, takes place, and the little patient dies of suffocation—overwhelming the mother with terror, confusion, and dismay.

The following, from the pen of the late Dr. Ley, is a graphic description of the symptoms of child-crowing:—  
“When the closure of the chink of the glottis [upper part of the windpipe] is not perfect, the child struggles for his breath; the respiration is hurried; the countenance generally bluish or livid; the eyes staring; and each inspiration is attended with a crowing noise. When the closure is more complete, the function of respiration is entirely suspended for a while; there is an effectual obstacle to the admission of air. The child makes vehement struggles, by some called convulsive, to recover its breath. At varied intervals, from a few seconds up to a minute, or upon some occasions nearly two minutes, air is admitted through the glottis, now partially open; and this rush of air, passing through a very narrow chink, produces the peculiar sound. To these symptoms not unfrequently succeeds a fit of coughing or crying, which terminates the scene: or, if the glottis be not thus partially open, the child, at the end of from two to three minutes at the utmost, will die suffocated. Pallid and exhausted, it falls lifeless upon its nurse’s arms; and it is then that the child is generally said to have died in a fit.”

I have entered thus rather fully into the subject, as many lives might be saved,—if mothers knew the nature of the complaint, and of the GREAT NECESSITY OF PROMPT AND PROPER MEASURES DURING THE PAROXYSMS. For, too frequently, the child has breathed his last, before a Medical man has had time to arrive: the parent herself being perfectly ignorant of the necessary treatment.—Hence, the immense importance of the subject, and the paramount necessity of imparting information of this kind in a popular style.

184. *What treatment, then, should you advise during a paroxysm of Child-crowing?*

The first thing, of course, to be done, is to send IMMEDIATELY for a Medical man.—Have a plentiful supply of cold and hot water always at hand, ready for use at a moment's notice.—The instant the paroxysm is upon the child, plentifully and perseveringly dash COLD water upon his head and face.—Put his feet and legs in hot salt-mustard-and-water, and, if necessary, place the child up to his neck in a hot-bath,—still dashing water upon his face and head.—If he does not quickly come round,—sharply smack the back and the buttocks.

As soon as a Medical man arrives, he will lose no time in thoroughly lancing the gums and in applying appropriate remedies.

During the intervals, great care and attention must be paid to the diet. If the child be breathing a smoky, close atmosphere,—he should be immediately removed to a pure one.—Indeed, in this disease, there is no remedy equal to a change of air,—to a dry, bracing neighbourhood.—Even if it be winter, change of air is the best remedy,—either to the coast, or to a healthy farmhouse.—I am indebted to Mr. Robertson, of Manchester (who has paid great attention to this disease, and who has written a valuable Essay on the subject\*) for the knowledge of this fact.

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\* *Essays and Notes.* Churchill.

185. *When is a mother to know that a cough is not a "tooth-cough," but one of the symptoms of Inflammation-of-the-lungs?*

If the child has had a shivering-fit; if his skin be very hot and very dry; if the lips be parched; if there be great thirst; if the cheeks be flushed; if he be dull and heavy, wishing to be quiet in his cot or crib; if the appetite be diminished; if the tongue be furred; if the mouth be BURNING hot and dry;\* if the urine be scanty and high-coloured, staining the napkin or the linen; IF THE BREATHING BE SHORT, PANTING, HURRIED, AND OPPRESSED; IF THERE BE A HARD, DRY COUGH; AND IF THE SKIN BE BURNING HOT;—then, there is no doubt that inflammation of the lungs has taken place.

No time should be lost in sending for medical aid: indeed, the HOT DRY MOUTH AND SKIN, AND SHORT HURRIED BREATHING, would be sufficient cause for your procuring IMMEDIATE assistance. If inflammation-of-the-lungs were properly treated at the ONSET, a child would scarcely ever be lost by that disease.—I say this advisedly, for in my own practice, I scarcely ever lose a child from inflammation of the lungs, PROVIDED I AM CALLED IN EARLY, AND IF MY PLANS ARE STRICTLY CARRIED OUT.

You may ask,—What are these plans? I will tell you, in case you cannot promptly obtain medical advice—as delay may be death!

*The Treatment of Inflammation-of-the-Lungs.*—*What to do.* Keep the child to one room—to his bedroom—and to his bed. Let the chamber be properly ventilated. If the weather be cool, let a small fire be in the grate; otherwise, he is better without a fire. Let him live on low diet,—such as weak black tea, milk and water, aad toast and water, thin oat-meal gruel, arrow-

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\* If you put your finger into the mouth of a child labouring under inflammation-of-the-lungs, it is like putting your finger into a hot apple-pie—the heat is so great.

root, and such like simple beverages, and give him the following mixture :—

Take of—Wine of Ipecacuanha, three drachms ;

Simple Syrup, three drachms ;

Water, six drachms :

Make a mixture. A teaspoonful of the mixture to be taken every four hours.

Be careful that you go to a respectable chemist, in order THAT THE QUALITY OF THE IPECACUANHA WINE MAY BE GOOD, AS THE CHILD'S LIFE MAY DEPEND UPON IT.

If the medicine produces sickness, so much the better ; continue it regularly, until the short oppressed and hurried breathing has subsided, and has become natural.

If the attack be very severe, in addition to the above medicine, at once apply a blister,—not the common blister—but T. AND H. SMITH'S PATENT TELA VESICATORIA—a quarter of a sheet—which should be fastened on a piece of sticking-plaister ;—taking care to apply the Tela Vesicatoria (which is on paper) to the hot plaister, so as to securely fasten the Tela Vesicatoria on the sticking-plaister.—The plaister should be rather larger than the blister, so as to leave a margin.—Any respectable chemist will understand the above directions, and will prepare the blister ready for use.—If the child be a year old, the blister should be kept on for three hours, and then a piece of dry, soft, linen rag should be applied for another three hours.—At the end of which time—six hours—there will be a beautiful blister, which may then be cut, with a pair of scissors, to let out the water, and then let the blister be dressed, night and morning, with simple-cerate spread on lint.

If the child be more than one year—say, two years—old, let the blister remain on for five hours, and the dry linen rag for five hours, before the blister be dressed as recommended above.

If in a day or two, the inflammation still continues violent, let another Tela Vesicatoria be applied,—not

over the old blister, but let a narrow strip of it be applied on each side of the old blister—and managed in the same manner as before directed.

I CANNOT SPEAK TOO HIGHLY OF SMITH'S *TELA VESICATORIA*. In my hands, it has, through GOD'S blessing, saved the lives of scores of children.—It is far—very far—superior to the old-fashioned blistering plaister.—It never fails to rise, if the above rules be strictly observed; it gives much less pain than the common blister; when it has had the desired effect, it heals readily—which cannot always be said of the common fly-blisters—more especially with children!

My sheet anchors, then, in the inflammation-of-the-lungs of children, are,—Ipecacuanha Wine and Smith's *Tela Vesicatoria*. As I before advised, let the greatest care be observed in obtaining the ipecacuanha wine genuine and good. This can only be depended upon by having the medicine from a highly respectable chemist. IPECACUANHA. WINE—WHEN GENUINE AND GOOD—IS ONE OF THE MOST VALUABLE MEDICINES IN MANY CHILDREN'S DISEASES.

*What NOT to do in a case of inflammation-of-the-lungs.*—Do not, on any account, apply leeches. They draw out the life of the child, but not his disease. Avoid—EMPHATICALLY LET ME SAY SO—giving emetic-tartar. It is one of the most lowering and death-dealing medicines that can be administered to an infant or a child! If you want to try the effect of it—take a dose yourself, and, I am quite sure you will then never be inclined to poison any young child with such an abominable preparation! In olden times—many, many years ago—I gave it myself in inflammation-of-the-lungs, and lost many children! Since leaving it off, the recoveries of patients by the ipecacuanha treatment, combined with the external application of Smith's *Tela Vesicatoria*—have been, in many cases, marvellous. Avoid broths and wine and all stimulants. Do NOT put the child into a warm-bath,—it only oppresses the



already oppressed breathing.—Moreover, after he is out of the bath, it causes a larger quantity of blood to rush back to the lungs and to the bronchial tubes, and thus feeds the inflammation.—Do not keep the temperature of the room high by a large fire.—A small fire, in the winter-time, encourages ventilation and does good in these cases.—When the little patient is on the mother's or on the nurse's lap, do not burden him with a heavy blanket or with a thick shawl.—A thin child's blanket, or a thin *woollen* shawl, in addition to his usual night gown, is all the clothing necessary.

186. *Bronchitis, Inflammation-of-the-lungs, and Consumption seem very prevalent in England among children.*—What do you consider the principal causes, and what the best preventive measures?

The causes and preventive measures are so well and so graphically described in 'Household Words,'\* that I cannot do better than transcribe the passage:—"The terrible mortality caused by bronchitis, pneumonia [*inflammation-of-the-lungs*], and consumption, which together kill—in England and Wales only—a hundred thousand people every year (being one-fourth of the entire mortality from more than a hundred other causes in addition to themselves), should make us think a little seriously of many things, and not least seriously of the freaks of fashion which set climate at defiance. Why do we send children abroad in damp and cold weather with their legs bare, submitted, tender as their bodies are, to risks that even strong adults could not brave with impunity? Custom has made this matter appear familiar and trifling; but it is not out of place to say, at the beginning of another winter, that the denial to young children of proper skirts to their clothes, and warm coverings to their legs, has sown the seeds of consumption in thousands and thousands, and is, of many dangerous things done in obe-

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\* November 27th, 1858.

dience to laws of fashion, the one that is most thoughtless and most cruel. It is in the child that consumption can most readily be planted—in the child, that when the tendency exists, it can be conquered, if at all. It is to be fought against by protecting the body with sufficient clothing against chill and damp, by securing it plenty of wholesome sleep,—not suffocative sleep among feathers and curtains,—plenty of free ablution without prejudices in behalf of water, icy cold, plenty of cheerful exercise short of fatigue, plenty of meat, and bread, and wholesome pudding. Those, indeed, are the things wanted by all children. Many a child pines in health upon a diet stinted with the best intentions. But the truth is, that it is not possible to over-feed a child with simple wholesome eatables. It can be stimulated to excess in the demolishing of sickly dainties; and, with a stomach once fairly depraved, may be made incompetent to say when it has had too little or too much. But a child fed only upon wholesome things, knows better than any mamma can tell when it wants more; it can eat a great deal; has not only to maintain life, but to add height and breadth to stature. Fortify it, then, against variations of climate, by meeting freely the demands of its body; give it full animal vigour to resist unwholesome impressions. Especially let the good housewife, who has a young family to feed, learn to be utterly reckless as to the extent of her milk-score. Somebody has declared a pint of milk to contain as much nourishment as half a pound of meat. Be that as it may, it is the right food for little ones to thrive upon, and may save much subsequent expenditure for cod-liver oil."

187. *Is Bronchitis a more frequent disease than inflammation-of-the-lungs? Which is the most dangerous? What are the symptoms of Bronchitis?*

Bronchitis is a much more frequent disease than inflammation-of-the-lungs; indeed, it is one of the most common complaints of infants and of children; while, inflammation-of-the-lungs is comparatively a rare disease.

duces sickness or otherwise; and put on the chest—a *Tela Vesicatoria* prepared and applied as I recommended when treating of inflammation-of-the-lungs.\*

THE IPECACUANHA WINE AND THE TELA VESICATORIA ARE MY SHEET-ANCHORS IN THE BRONCHITIS OF INFANTS AND OF CHILDREN.—They rarely fail—even in very severe cases—to effect a cure,—provided the *Tela Vesicatoria* be properly applied, and the *Ipecacuanha Wine* be genuine and of good quality.

If there is any difficulty in procuring good *ipecacuanha wine*—the *ipecacuanha* may be given in powder instead of the wine.—The following is a pleasant form:—

Take of—Powder of *Ipecacuanha*, twelve grains;

„ White Sugar, thirty-six grains:

Mix well together, and divide into twelve powders. One of the powders to be put dry on the tongue every four hours.

The *Ipecacuanha Powder* will keep better than the *Wine*—an important consideration to those living in country places; nevertheless, IF THE WINE CAN BE PROCURED FRESH AND GOOD, I FAR PREFER THE WINE TO THE POWDER.

When the bronchitis has disappeared,—the diet must be gradually improved:—rice, sago, tapioca, and light batter puddings, &c.; and, in a few days, a little chicken, or a mutton-chop, mixed with a well-mashed potato and crum of bread, may be given. But,—let the improvement in his diet be very gradual, or the inflammation may return.

*What NOT to do.*—Do not apply leeches. Do not give emetic-tartar, nor antimonial wine—which is emetic-tartar dissolved in wine. Do not administer paregoric, or syrup-of-poppies; either of which would stop the cough and thus would prevent the expulsion of the phlegm. Any fool can stop a cough, but it requires a wise man to rectify the mischief. A cough is an effort

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\* See page 148.

of Nature to bring up the phlegm, which would otherwise accumulate, and, in the end, cause death.—Therefore, again let me urge upon you, the immense importance of NOT stopping the cough of a child. The ipecacuanha-wine will loosen the cough, by loosening the phlegm: which is the only right way to get rid of a cough.—LET WHAT I HAVE NOW SAID BE IMPRESSED DEEPLY UPON YOUR MEMORY,—AS THOUSANDS OF CHILDREN ARE ANNUALLY DESTROYED, IN ENGLAND, BY HAVING THEIR COUGHS STOPPED. Avoid giving him broths, and meat, and stimulants of all kinds, until the bronchitis is relieved. For further observations on *what NOT to do* in bronchitis, I beg to refer you to a previous conversation we had on *what NOT to do* in inflammation-of-the-lungs.—What is injurious in the one case is equally injurious in the other.

190. *What are the symptoms of Diphtheria, or Boulogne Sore-throat as it is sometimes called?*

This terrible disease, although by many considered to be a new complaint, is, in point of fact, of very ancient origin. Homer, and Hippocrates—the Father of Physic—have both described it. Diphtheria first appeared in England in the beginning of the year 1857, since which time it has never totally left our shores.

*The symptoms.*—The little patient, before the disease really shows itself, feels poorly and is “out of sorts.” A shivering-fit—though not severe—may generally be noticed. There is heaviness, and slight headache, principally over the eyes. Sometimes, but not always, there is a mild attack of delirium at night. The next day, he complains of slight difficulty of swallowing. If old enough, he will complain of constriction about the swallow. On examining the throat, the tonsils will be found to be swollen and redder—more darkly red—than usual. Slight specks will be noticed on the tonsils. In a day or two, an exudation will cover them, the back of the swallow, the palate, the tongue, and, sometimes, the inside of the cheeks and the nostrils. This exuda-

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tion of lymph gradually increases, until it becomes a regular membrane, which puts on the appearance of leather: hence its name—diphtheria. This membrane peels off in pieces; and, if the child be old and strong enough, he will sometimes spit it up in quantities:—the membrane again and again rapidly forming as before. The discharges from the throat are occasionally, but not always, offensive. There is danger of croup, from the extension of the membrane into the wind-pipe. The glands about the neck and under the jaw are generally much swollen; the skin is rather cold and clammy; the urine is scanty and usually pale; the bowels, at first, are frequently relaxed. This diarrhoea may, or may not, cease as the disease advances.

The child is now in a perilous condition, and it becomes a battle between the constitution and the disease. —If, unfortunately, as is too often the case—diphtheria being more likely to attack the weakly—the child be very delicate, there is little hope of recovery. The danger of the disease is not always to be measured by the state of the throat. Sometimes, when the patient appears to be getting well, a sudden change for the worse rapidly carries him off.—Hence the importance of great caution in giving an opinion as to ultimate recovery in such cases. I have said enough to prove the terrible nature of the disease, and to show the necessity of calling in a Medical man at the earliest period of the symptoms.

#### 191. *Is Diphtheria contagious?*

DECIDEDLY.—Therefore, when practicable, the rest of the children should be instantly removed to a distance. —I say *children*,—for it is emphatically a disease of childhood. When adults have it, it is the exception and not the rule.—“Thus it will be seen, in the account given of the Boulogne epidemic, that of 366 deaths from this cause, 341 occurred amongst children under ten years of age. In the Lincolnshire epidemic, in the autumn of 1858, all the deaths at Horncastle, twenty-five

in number, occurred amongst children under twelve years of age."\*

192. *What are the causes of Diphtheria?*

Bad and imperfect drainage;† want of ventilation; over-flowing privies; stagnant waters; indeed, everything that vitiates the air, and thus depresses the system,—more especially if the weather be close and muggy; poor and improper food; and last, though not least,—contagion. Bear in mind, too, that a delicate child is much more predisposed to it than a strong one.

193. *What is the treatment of Diphtheria?*

*What to do.*—Look well to the ventilation:—for as diphtheria is frequently caused by deficient ventilation, the best remedy is thorough ventilation. Look well to the drains and to the privies: for, if the former be defective, or the latter be full,—the disease in your child will be fed and will be nourished.—Not only so, the disease will spread in your family, and around you.

Keep the child to his bed-room and to his bed. For the first two or three days—while the fever runs high—put him on a low diet,—such as, milk, tea, arrow-root, &c.

Apply to his throat, every four hours, a warm barm-and-oatmeal poultice.—If he be old enough to have the

\* *Diphtheria*: by Ernest Hart. A valuable pamphlet on the subject. Dr. Wade, of Birmingham, has also written an interesting and useful monograph on Diphtheria. I am indebted to the above authors for much valuable information.

† "Now all my carefully conducted inquiries induce me to believe that the disease comes from drain-poison. All the cases into which I could fully inquire have brought conviction to my mind that there is a direct law of sequence in some peculiar conditions of atmosphere between diphtheria and bad drainage; and, if this be proved by subsequent investigations, we may be able to prevent a disease which, in too many cases, our known remedies cannot cure."—W. Carr, Esq., Blackheath. *British Medical Journal*, Dec. 7, 1861.

knowledge to use a gargle,—the following will be found very serviceable :—

Take of—Powdered Alum, one drachm ;  
Simple Syrup, one ounce ;  
Water, seven ounces :

To make a gargle.

The best medicine, for the first few days of the attack, is the following :—

Take of—Diluted Sulphuric Acid, one drachm ;  
Simple Syrup, one ounce and a half ;  
Infusion of Roses,\* four ounces and a half :

To make a mixture. A table-spoonful to be taken every four hours.

As soon as the skin has lost its preternatural heat,—beef-tea and chicken broth should be given. Or, if great prostration should supervene, in addition to the beef-tea, port-wine—a table-spoonful, every four hours—must be administered. If the child be cold, and there be great sinking of the vital powers,—brandy-and-water must be substituted for the port-wine. Remember, in ordinary cases, port-wine and brandy are not necessary, but in cases of extreme exhaustion, they are most valuable.

As soon as the great heat of the skin has abated, and the debility has set in, one of the following mixtures will be found useful :—

Take of—Wine of Iron, one ounce and a half ;  
Simple Syrup, one ounce ;  
Water, three ounces and a half :

To make a mixture. A table-spoonful to be taken every four hours.

Or,—

Take of—Muriated Tincture of Iron, half a drachm ;  
Tincture of Calumba, three drachms ;  
Simple Syrup, one ounce ;  
Water, two ounces and a half :

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\* Let the Infusion of Roses be made—merely with the rose-leaves and boiling-water.

To make a mixture. A table-spoonful to be taken three times a day.

If the disease should travel downwards, it will cause all the symptoms of croup: then it must be treated as croup; with this only difference, that a blister (Tela Vesicatoria) must NOT be applied; or,—the blistered surface may be attacked by the membrane of diphtheria,—which may either cause death, or hasten that catastrophe. In every other respect, treat the case as croup,—by giving an emetic—a teaspoonful of Ipecacuanha Wine, every five minutes, until free vomiting be excited,—and then administer smaller doses of Ipecacuanha Wine, every two or three hours,—as I recommended when conversing to you on the treatment of croup.

*What NOT to do.*—Do not, on any account, apply either leeches or a blister. If the latter be applied, it is almost sure to be covered with the membrane of diphtheria—similar to that inside the mouth and the throat—which would be a serious complication. Do not give calomel nor emetic-tartar. Do not depress the system by aperients; for diphtheria is an awfully depressing complaint of itself:—the patient, in point of fact, is labouring under the depressing effects of poison;—for the blood has been poisoned by some horrid drain, by proximity to a pig-stye, by an overflowing privy—especially if vegetable matter is rotting at the same time in it—by bad ventilation, or by contagion.

Diphtheria may generally be traced to one or other of the above causes; therefore, let me urgently entreat you,—to look well into all these matters, and thus to stay the pestilence!

194. *Have the goodness to describe the symptoms of Measles?*

Measles commences with symptoms of a common cold;—the patient is first chilly, then hot and feverish, he has a running at the nose, sneezing, watering and redness of the eyes, headache, drowsiness, a hoarse and peculiar ringing cough—which nurses call “measle-cough,”—and



difficulty of breathing.—These symptoms usually last three days before the eruption appears; on the fourth, it (the eruption) generally makes its appearance, and continues for four days, and then disappears,—lasting altogether seven days from the commencement of the symptoms of cold to the decline of the eruption.

It is important to bear in mind,—that the eruption consists of *crescent-shaped—half-moon-shaped—patches*; that they usually appear—first about the face and the neck, in which places they are the best marked; then,—on the body and the arms, and, lastly,—on the legs; and, that they are slightly raised above the surface of the skin.

The face is swollen,—more especially the eye-lids, which are, sometimes, for a few days, closed.

Well then, remember,—*the running at the nose, the sneezing, the peculiar hoarse-cough, and the half-moon-shaped patches*, are the leading features of the disease, and point out, for a certainty,—that it is measles.

195. *What constitutes the principal danger in Measles?*

The affection of the chest.—The mucous or lining membrane of the bronchial tubes is always more or less inflamed, and the lungs themselves are sometimes affected.

196. *Do you recommend—"surfeit-water" and saffron-tea,—to throw out the eruption in Measles?*

Certainly not.—The only way to throw out the eruption—as it is called—is, to keep the body comfortably warm, and to give the beverages—ordered by the Medical man—with the chill off.—“Surfeit-water,” saffron-tea, and remedies of that class, are hot and stimulating.—The only effect they can have, will be, to increase the fever and the inflammation—to add fuel to the fire.

197. *What is the treatment of Measles?*

*What to do.*—The child must be confined to his room and to his bed,—the room being kept comfortably warm; therefore, if it be winter-time, there must be a small fire in the grate;—in the summer-time, a fire would be im-

proper. The child must not be exposed to draughts; notwithstanding, from time to time, the door must be left a little ajar, to change the air of the room: for proper ventilation—let the disease be what it may—is absolutely necessary.

Let the child, for the first few days, be kept on a low diet,—such as, milk-and-water, arrow-root, bread-and-butter, &c.

If the attack be mild,—that is to say, if the breathing be not much affected (for in measles, it always is more or less affected), and if there be not much wheezing,—the Acidulated Infusion of Roses Mixture\* will be all that is necessary.

But suppose that the breathing is very short, and that there is a great wheezing, then, instead of giving the mixture just advised,—give a teaspoonful of a mixture composed of Ipecacuanha Wine, Syrup, and Water†—every four hours. And if, on the following day, the breathing and the wheezing be not relieved—in addition to the Ipecacuanha mixture, apply a Tela Vesicatoria, as advised under the head of Inflammation-of-the-lungs.

When the child is convalescing,—batter-puddings, rice and sago-puddings, may be given, in addition to the milk, bread-and butter, &c.; and, a few days later, chicken, mutton-chops, &c.

The child must not be allowed to leave the house, even in a mild case of measles, and in favourable weather, under a fortnight,—or it may bring on an attack of bronchitis.

*What not to do.*—Do not give “surfeit-water” or wine. Do not apply leeches to the chest. Do not expose the child to the cold air. Do not keep the bedroom very hot,—but comfortably warm. Do not let the child leave the house,—even under favourable circumstances,—under a fortnight. Do not give aperients while the eruption is out. Do not administer emetic-

\* See page 158.

† See page 148.

tartar or paregoric to ease the cough—the former drug is awfully depressing; the latter will stop the cough, and will thus prevent the expulsion of the phlegm.

198. *What is the difference between Scarlatina and Scarlet-fever?*

They are, indeed, one and the same disease,—scarlatina being the Latin for scarlet-fever. But, in a *popular* sense, when the disease is mild, it is usually called scarlatina.—The latter term does not sound so formidable to the ears of patients and of parents.

199. *Will you describe the symptoms of Scarlet-fever?*

The patient is generally chilly, languid, drowsy, feverish, and poorly, for two days before the eruption appears. At the end of the second day, the characteristic, bright-scarlet efflorescence—somewhat similar to the colour of a boiled lobster—usually first shows itself. The scarlet appearance is not confined to the skin; but the tongue, the throat, and the whites of the eyes put on the same appearance; with this only difference,—that on the tongue and the throat the scarlet is much darker; and, as Dr. Elliotson accurately describes it,—“the tongue looks as if it had been slightly sprinkled with Cayenne-pepper.” The eruption usually declines on the fifth, and is generally indistinct on the sixth day; on the seventh, it has completely faded away. After the first few days, there is usually great itching on the surface of the body. At the end of the week, the skin begins to peel and to dust off, making it look as though meal had been sprinkled upon it.

There are three forms of scarlet-fever;—the one where the throat is *little*, if at all, affected, and this is a mild form of the disease;—the second, which is generally attended with delirium, especially at night, where the throat is *much* affected, being often greatly inflamed and ulcerated;—and the third (which is comparatively rare and **VERY** dangerous)—the malignant form.

200. *Would it be well, to give a little cooling, opening physic as soon as a child begins to sicken for Scarlet-fever?*

ON NO ACCOUNT WHATEVER.—Aperient medicines are, in my opinion, highly improper and dangerous both before and during the period of the eruption.—It is my firm conviction,—that the administration of opening-medicine, at such times, is one of the principal causes of scarlet-fever being so fatal. Of course, this is more applicable to the poor, and to those who are unable to procure a skilful Medical man.

201. *What constitutes the principal danger in Scarlet-fever?*

The affection of the throat,—the administration of opening-medicine during the first ten days,—and a peculiar disease of the kidneys ending in *anasarca* (dropsy); on which account,—the Medical man should, when practicable, be sent for at the onset, that no time may be lost in applying *proper* remedies.

202. *How would you distinguish between Scarlet-fever and Measles?*

Measles commences with symptoms of a common cold; scarlet-fever does not. Measles has a *peculiar hoarse* cough; scarlet-fever has not. The eruption of measles is in patches of a half-moon shape, and is slightly raised above the skin; the eruption of scarlet-fever is NOT raised above the skin, and is one continued mass. The colour of the eruption is much more vivid in scarlet-fever than in measles. The chest is the part principally affected in measles, and the throat in scarlet-fever.

I have myself ascertained the truth of the following “curious phenomenon:”—“For several years M. Bouchut has remarked in the eruption of scarlatina a curious phenomenon, which serves to distinguish this eruption from that of measles, erythema, erysipelas, &c.,—a phenomenon essentially vital, and which is connected with the excessive contractability of the capillaries. The phenomenon in question is a *white line*, which can be produced at pleasure by drawing the back of the nail along the skin where the eruption is situated.

On drawing the nail, or the extremity of a hard body, along the eruption, the skin is observed to grow pale, and to present a white trace, which remains for one or two minutes, or longer, and then disappears. In this way the diagnosis of the disease may be very distinctly written upon the skin; the word 'Scarlatina' disappears as the eruption regains its uniform tint."\*

203. *Is it of so much importance, then, to distinguish between Scarlet-fever and Measles?*

It is of great importance, as,—in measles, the patient should be kept *moderately* warm, and the drinks should be given with the chill off; while,—in scarlet fever the patient should be kept cool, indeed, for the first few days, COLD, and the beverages,—such as spring-water, toast-and-water, &c.,—should be administered quite cold.

204. *What is the treatment of Scarlet-fever?†*

*What to do.*—Pray pay particular attention to my rules, and carry out my directions to the very letter—as I can then promise you, with GOD's blessing, that if the scarlet-fever be not malignant,—the plan I am about to recommend, will almost invariably be successful.

By following the method I am about to advise, I have only lost one case of scarlet-fever during the last fourteen years; although, as my practice among children is extensive, I have had numerous cases of scarlet-fever,—many of which have been most severe.

Within the last fourteen years, I have had some fear-

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\* *Edinburgh Medical Journal.*

† On the 4th of March, 1856, I had the honour to read a *Paper on the Treatment of Scarlet-fever* before the members of Queen's College Medico-Chirurgical Society, Birmingham,—which *Paper* was afterwards published in the *Association Journal* (March 15, 1856);—and in Braithwaite's *Retrospect of Medicine* (January—June, 1856);—and in Ranking's *Half-Yearly Abstract of the Medical Sciences* (July—December, 1856);—besides in other Publications. Moreover, the *Paper* was translated into German, and published in *Canstatt's Jahresbericht*, iv, 456, 1859.

ful cases of scarlet-fever; but, relying on the plan of treatment I am about to propound, I have given, even in very bad cases, a favourable diagnosis. I have had cases where there have been violent headache and delirium; where there have been immense swellings of the 'parotid' (under the ear) and 'submaxillary' (under the jaw) glands; where there have been enormous enlargement and ulceration of the tonsils; where a great portion of the fluid, that has been taken by the mouth, has escaped down the nostrils; where there has been a purulent (mattery) discharge down the nose,—which discharge has, in many instances, quite excoriated the skin over which it has travelled; and, yet, in such cases, the patients have—with one solitary exception— invariably recovered.

What is the first thing to be done? Send the child to bed; throw open the windows—be it winter or summer,—AND HAVE A THOROUGH VENTILATION; FOR THE BEDROOM MUST BE KEPT COOL—I MAY SAY COLD. DO NOT BE AFRAID OF FRESH AIR,—FOR FRESH AIR, FOR THE FIRST FEW DAYS, IS ESSENTIAL TO RECOVERY. FRESH AIR, AND PLENTY OF IT, IN SCARLET-FEVER, IS THE BEST DOCTOR A CHILD CAN HAVE: let these words be written legibly on your mind.\*

\* In the *Times* of Sept. 4, 1863, is the following, copied from the *Bridgwater Mercury* :—

"GROSS SUPERSTITION.—In one of the streets of Taunton, there resides a man and his wife who have the care of a child. This child was attacked with scarlatina, and to all appearance death was inevitable. A jury of matrons was, as it were, empanelled, and to prevent the child 'dying hard,' all the doors in the house, all the drawers, all the boxes, all the cupboards were thrown wide open, the keys taken out, and the body of the child placed under a beam, whereby a sure, certain and easy passage into eternity could be secured. Watchers held their vigils throughout the weary night, and in the morning the child to the surprise of all, did not die, and is now gradually recovering."

These old women—this jury of matrons—stumbled on th

Take down the curtains of the bed; remove the valances. If it be summer-time, let the child be only covered with a sheet; if it be winter-time, in addition to the sheet, he may have one blanket over him.

Now for the throat.—The best *external* application, is, a barm and oatmeal poultice. How should it be made and how applied? Put half a teacup of barm into a saucepan, put it on the fire to boil: as soon as it boils, take it off the fire, and stir oatmeal into it, until it is of the consistence of a nice, soft poultice; then place it on a rag, and apply it to the throat;—carefully fasten on with bandage,—two or three turns of the bandage going round the throat, and two or three over the crown of the head,—so as nicely to apply the poultice where it is wanted—that is to say—to cover the tonsils. Tack the bandage: do not pin it. Let the poultice be changed three times a day. **THE BEST MEDICINE, IS,—THE ACIDULATED INFUSION OF ROSES SWEETENED WITH SYRUP:**\* it is grateful and refreshing; it is pleasant to take; it abates fever and thirst; it cleanses the throat and tongue of mucus; and is peculiarly efficacious in scarlet-fever; as soon as the fever is abated it gives an appetite. My belief is,—that the sulphuric acid

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right remedy,—“all the doors in the house \* \* \* were thrown wide open,” and thus they thoroughly ventilated the apartment.—What was the consequence? The child who, just before the opening of the door, had all the appearances “that death was inevitable,”—as soon as the door was opened, showed symptoms of recovery, “and in the morning the child, to the surprise of all, did not die, and is now gradually recovering.”—There is nothing wonderful—there is nothing surprising to my mind—in all this.—Ventilation—thorough ventilation—is the grand remedy for scarlatina! Oh that there were in scarlet-fever cases a good many such old women’s—such a jury of matrons’—remedies! We should not then be horrified, as we now are, at the fearful records of death, which the Returns of the Registrar-General disclose!

\* For the prescription of the Acidulated Infusion of Roses with Syrup, see page 158.

in the mixture is a SPECIFIC in scarlet-fever;—as much as quinine is in ague, and sulphur in itch.—I have reason to say so, for, IN NUMEROUS CASES, I have seen its immense value.

Now with regard to food.—If the infant be at the breast,—keep him entirely to it. If he be weaned, and under two years old,—give him milk-and-water, and cold water to drink. If he be older,—give him toast-and-water, and plain water from the pump—as much as he chooses; let it be quite cold—the colder the better. Weak black tea or thin gruel, may be given, but not caring, if he take nothing but COLD water,—unless he be an infant at the breast. If the child be two years old and upwards,—roasted apples with sugar, and grapes, will be very refreshing, and will tend to cleanse the mouth and the throat. Avoid broths and stimulants of every kind.

When the appetite returns,—you may consider the patient to be safe. The diet must now be gradually improved.—Bread-and-butter, milk-and-water, and arrow-root made with equal parts of new-milk and water, may be given for the first two or three days. Then, a light batter or rice-pudding may be added; and, in a few days afterwards, a little chicken, or a mutton-chop.

The essential remedies, then, in scarlet fever, are—plenty of fresh air and ventilation for the first few days, plenty of cold water to drink for the first few days, barm poultices to the throat, and the Acidulated Infusion of Roses Mixture as a medicine.

Now, then, comes very important advice,—after the first few days—probably five or six, sometimes as early as the fourth day,—WATCH CAREFULLY AND WARILY, AND NOTE THE TIME,—THE SKIN WILL SUDDENLY BECOME COOL,—the child will say that he feels chilly; then is the time,—you must now change your tactics—INSTANTLY CLOSE THE WINDOWS AND PUT EXTRA CLOTHING—a blanket or two—on his bed. A flannel night gown should now be worn, next to the skin, until



the dead skin has peeled off; when the flannel night gown should be discontinued.—The patient should ever after wear, in the day-time, a flannel waistcoat.\*—His drinks must now be given with the chill off,—he may have a warm cup of tea, and, gradually, his diet may be improved, as I have previously recommended.

There is one important caution I wish to impress upon you,—DO NOT GIVE OPENING MEDICINE DURING THE TIME THE ERUPTION IS OUT. In all probability the bowels will be opened: if so, all well and good; BUT DO NOT, ON ANY ACCOUNT, FOR THE FIRST TEN DAYS, USE ARTIFICIAL MEANS TO OPEN THEM.—IT IS MY FIRM CONVICTION,—THAT THE ADMINISTRATION OF PURGATIVES IN SCARLET-FEVER IS A FRUITFUL SOURCE OF DROPSY, DISEASE AND DEATH.—When we take into consideration, the sympathy there is between the skin and the mucous membrane, I think that we should pause before giving irritating medicines—such as purgatives. The irritation of aperients on the mucous membrane may cause the poison of the skin disease (for scarlet-fever is a blood-poison) to be driven internally,—to the kidneys, the throat, the pericardium (bag of the heart), or the brain.—You may say,—DO YOU NOT PURGE IF THE BOWELS BE NOT OPEN FOR A WEEK? I SAY EMPHATICALLY, No!

I consider my great success in the treatment of scarlet-fever, to be partly owing to my avoidance of aperients during the first ten days of the child's illness.

After the ten days, if the bowels are not properly opened, a dose or two of the following mixture may be given:—

Take of—Simple Syrup, three drachms;

Essence of Senna, nine drachms:

To make a mixture. Two teaspoonfuls to be given early in the morning, occasionally, and to be repeated in four hours, if the first dose should not operate.

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\* On the importance—the vital importance—of THE wearing

In a subsequent conversation, I shall strongly urge you, NOT TO ALLOW YOUR CHILD, WHEN CONVALESCENT, TO LEAVE THE HOUSE UNDER, AT LEAST, A MONTH FROM THE COMMENCEMENT OF THE ILLNESS; therefore, I beg to refer you to that conversation, and hope that you will give it your best and earnest consideration!—During the last fourteen years, I have never had dropsy from the scarlet-fever; and I attribute it entirely to the plan I have just recommended, and in not allowing my patients to leave the house under the month,—until, in fact, the skin, that has peeled off, has been renewed.

Let me now sum up the plan I adopt:—

1.—Thorough ventilation, a cool room, and scant clothes on bed, for the first five or six days;

2.—A change of temperature of skin to be carefully regarded. As soon as the skin is cool, closing the windows, and putting additional clothing on the bed.

3.—The Acidulated Infusion of Roses with Syrup, is THE medicine for scarlet-fever.

4.—Purgatives to be religiously avoided for the first ten days at least, and even afterwards, unless there be absolute necessity.

5.—Leeches, blisters, emetics, cold and tepid spongings, and painting the tonsils with caustic, INADMISSIBLE in scarlet-fever.

6.—A strict antiphlogistic (low) diet for the first few days, during which time cold water to be given *ad libitum*.

7.—The patient NOT to leave the house in the summer UNDER THE MONTH; in the winter UNDER SIX WEEKS.

*What NOT to do:*—Do not, then, apply leeches or blisters to the throat; do not paint the tonsils with caustic; do not give aperients; do not, on any account, give calomel or emetic-tartar; do not—for the first few

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of flannel NEXT to the skin,—see the Answer to the 278th Question.

days of the illness—be afraid of COLD AIR to the skin, and cold water as a beverage; do not—emphatically let me say—DO NOT—let the child leave the house for at least a month from the commencement of the illness.

My firm conviction is,—that purgatives, emetics, and blisters, by depressing the patient, sometimes cause ordinary scarlet-fever to degenerate into malignant scarlet-fever; for although I have had numerous cases of scarlet-fever (my practice being much among children), and some of these cases very severe ones, I have never since I have adopted my present plan of treatment, had one single case of *malignant* scarlet-fever.—I have such faith in my present plan of treatment, that, if it be DULY followed out from the VERY commencement, I SHOULD SELDOM DESPAIR OF EVEN THE WORST OF CASES (provided they be not malignant) RECOVERING.

I am aware that some of our first authorities advocate a different plan to mine.—They recommend purgatives, which I may say, in scarlet-fever, are my dread and abhorrence.—They advise cold and tepid spongings—a plan which I think dangerous, by driving the disease internally.—Blisters, too, have been prescribed: these I consider weakening, injurious, and barbarous, and likely to irritate the already inflamed skin. They recommend leeches to the throat, which, I am convinced, by depressing the patient, lessen the chance of his battling against the disease, and increase the ulceration of the tonsils.—Again, the patient has not too much blood: the blood is only poisoned.—I look upon scarlet-fever as a specific poison of the blood, and one which will be eliminated from the system,—NOT by bleeding, NOT by purgatives, NOT by emetics,—BUT BY A CONSTANT SUPPLY OF FRESH AND COOL AIR, BY THE ACID TREATMENT, BY COLD WATER AS A BEVERAGE, AND FOR THE FIRST FEW DAYS BY A STRICT ANTIPHLOGISTIC (LOW) DIET.

Sydenham says, that scarlet-fever is oftentimes “fatal through the officiousness of the doctor.”—I conscientiously believe that a truer remark was never made; and

that, under a different system to the usual one adopted, scarlet-fever would not be so much dreaded.\*

205. *How soon should a child be allowed to leave the house after an attack of Scarlet-fever?*

He must NOT be allowed to go out for, at least, a month—from the commencement of the attack—in the summer; and six weeks in the winter, and not even then, without the express permission of a Medical man.—It may be said, that this is an unreasonable recommendation; but when it is considered,—that the whole of the skin generally desquamates—or peels off—and consequently leaves the surface of the body exposed to cold: which cold flies to the kidneys, producing a peculiar and serious disease in them, ending in dropsy—this warning will not be deemed unreasonable. The talented and accomplished Dr. Watson thus accurately describes *anasarca* (dropsy) following an attack of scarlet-fever:—“But certainly the most common, and a very serious sequel of scarlatina, is *anasarca* \* \* \*. So common is this, that Cullen has even introduced the circumstance as a part of his definition of scarlet-fever. He found the dropsy a very manageable complaint; but it really is, in many—nay, in most cases, if we look to its probable ultimate consequences—a most formidable one. This affection belongs to the class of *febrile dropsies*. It appears to have no relation, or, if any, an inverse relation, to the violence and danger of the preceding exanthem.

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\* If any of my Medical Brethren should do me the honour to read these pages, let me intreat them to try my plan of treating scarlet-fever—as my success has been marvellous. I have given full and minute particulars; in order that they and mothers (if mothers cannot obtain medical advice) may give my plan a fair and impartial trial.—My only stipulations are,—that they must BEGIN with my treatment, and NOT MIX any other with it, and carry out my plan to the very letter.—I then, with GOD's blessing, shall not fear the result; but shall rejoice, that I have been of some little service in my generation.

It is much more common after a mild than after a severe disease. This, in all probability, is owing to the circumstance that less care and caution are observed in the milder cases during the dangerous period of desquamation and convalescence: a period more dangerous, in that variety of scarlatina, than any other. In the graver cases, the convalescence is slower and more doubtful; an accidental or careless exposure to cold is more guarded against, or takes place later: whereas, in the slighter kinds of the disorder, the patients are apt to go out while the new cuticle is still forming. If you carefully trace the histories of dropsy succeeding to scarlet-fever you will almost always find that the fever had been trifling; and that the patient considering himself well, or nearly so, had heedlessly encountered a cold or damp atmosphere so soon as he felt himself strong enough to leave the sick chamber. Pleuciz, who has written well on this subject, and who was quite aware of its importance, remarks, that those patients who have had much desquamation [peeling] of the cuticle are the most liable to the dropsy; that it is more frequent in winter than in summer; and in such as are early exposed to the open air after having passed through the fever, than in those who remain longer at home. When the desquamation is over, and the new surface has become in some degree hardened, the peril is past. According to the observation of Dr. Wells, the dropsical symptoms commonly show themselves on the twenty-second or twenty-third day after the commencement of the preceding fever. They have been known to begin as early as the sixteenth, and as late as the twenty-fifth day. When no dropsy took place before the end of the fourth week, Dr. Wells always ventured to state that it was no longer to be dreaded. This *anasarca* is seldom observed, except in children and young persons \* \* \*. The earliest threatenings of this formidable complaint demand attention. It is usually preceded for a day or two, or longer, by languor and peevishness; frequently by nausea

and vomiting, and a costive state of the bowels. The pulse, in the outset, has been found slow, and beating with irregular intervals; but it afterwards becomes frequent. The urine at first is scanty, as well as altered in appearance. The face becomes pale and chuffy. Sometimes, as the disease proceeds, violent headache, dilatation of the pupils, convulsions, or palsy, denote effusion within the head."

I have thought it my duty to enter fully into the symptoms and danger of scarlet-fever-dropsy, in order to prove—that *this formidable disease generally arises from the carelessness, the ignorance, and the thoughtlessness of parents in allowing a child to leave the house before the new skin is properly formed and hardened.* Prevention is always better than cure.

Thus far with regard to the danger to the child himself.—Now, if you please,—let me show you the risk of contagion that you inflict upon families—in allowing your child to mix with others, before a month, at least, has elapsed. Bear in mind,—a case is quite as contagious while the skin is peeling off, as it was before—if not more so. Thus,—in ten days or a fortnight, there is as much risk of contagion as at the beginning of the disease, and when the fever is at its height. At the conclusion of the month, the old skin has generally all peeled off, and the new skin has taken its place; consequently there will then be less fear of contagion to others. But the contagion of scarlet-fever is so subtle and uncertain in its duration, that it is impossible to fix the exact time when it ceases.

LET ME IMPORE YOU MOST EARNESTLY TO PONDER WELL ON THE ABOVE IMPORTANT FACTS.—IF THESE REMARKS SHOULD BE THE MEANS OF SAVING ONLY ONE CHILD FROM DEATH, OR FROM BROKEN HEALTH, MY LABOUR WILL NOT HAVE BEEN IN VAIN.

206. *What means do you advise to purify a house from the contagion of Scarlet-fever?*

Let every room be *lime-washed* and then white-

washed;\* if the contagion has been virulent, let every bed-room be freshly papered (the walls having been previously lime-washed); let the bedding, the mattresses, and the bed-clothes be exposed to the open air,—if taken into a field so much the better; let the rooms be well scoured; let the windows be thrown wide open; let privies be emptied of their contents—REMEMBER THIS IS MOST IMPORTANT ADVICE†—then put, into the empty places, lime and powdered charcoal: for it is a well-ascertained fact,—that it is frequently impossible to rid a house of the infection of scarlet-fever without adopting such a course.—“In St. George’s, Southwark, the Medical officer reports that scarlatina ‘has raged fatally, almost exclusively where privy or drain smells are to be perceived in the houses.’”‡ Let the children, who have not had, or who do not appear to be sickening for, scarlet-fever, be sent away from home,—if to a farmhouse so much the better. In fact, leave no stone unturned, no means untried, to banish the disease from the house and from the neighbourhood.

207. *Will you describe the symptoms of Chicken-pox?*

It is occasionally, but not always, ushered in with a slight shivering-fit; the eruption shows itself in about twenty-four hours from the child first appearing poorly. It is a vesicular || disease. The eruption comes out in the form of small pimples, and principally attacks the

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\* “It would be well if we were to use white-wash in many cases where great cleanness of surface cannot be obtained. We remove in this way, by an easy method, much of the dulness, and still more of the unwholesomeness of dirt.”—Dr. Angus Smith, in *Good Words*, April, 1861.

† Dr. Richardson, in his *Sanitary Review*, lays great stress on this point.

‡ *Quarterly Report of the Board of Health upon Sickness in the Metropolis.*

|| *Vesicles.* Small elevations of the cuticle, covering a fluid which is generally clear and colourless at first, but becomes afterwards whitish and opaque, or pearly.—*Watson.*

scalp, the neck, the back, the chest, and the shoulders,—but rarely the face; while in small-pox,—the face is generally the part most affected. The next day, these pimples fill with water—and thus become vesicles; on the third day, they are at maturity.—The vesicles are quite separate and distinct from each other. There is a slight redness around each of them. Fresh ones make their appearance whilst the others are dying away. Chicken-pox is usually attended with itching of the skin: when the vesicles are scratched, the fluid escapes, and leaves hard pearl-like substances behind, which disappear in a few days. Chicken-pox never leaves pit-marks behind. It is a child's complaint; adults scarcely, if ever, have it.

208. *Is there any danger in Chicken-pox; and what treatment do you advise?*

It is not at all a dangerous, but, on the contrary, a trivial complaint. It lasts only a few days, and requires but little medicine. The patient should keep the house for three or four days, and abstain from animal food. On the sixth day—but not until then—a dose or two of a mild aperient is all that will be required.

209. *Is Chicken-pox infectious?*

There is a diversity of opinion on this head,—but one thing is certain,—it cannot be communicated by inoculation.

210. *What are the symptoms of Modified Small-pox?*

The Modified Small-pox—that is to say, small-pox that has been robbed of its virulence by the patient having been either already vaccinated, or by his having had a previous attack of small-pox,—is ushered in with severe symptoms—with symptoms almost as severe as though the patient had not been already somewhat protected by vaccination or by the previous attack of small-pox—that is to say—he has a shivering-fit; great depression of spirits and debility; *malaise*; sickness; headache, and, occasionally delirium.—After the above symptoms have lasted about three days, the



eruption shows itself.—The immense value of the previous vaccination now comes into play.—In a case of UNPROTECTED small-pox, the appearance of the eruption, aggravates all the above symptoms and the danger begins; while in the MODIFIED small-pox the moment the eruption shows itself the patient feels better, and, as a rule, rapidly recovers.—The eruption of *modified* small-pox varies materially from the eruption of the *unprotected* small-pox. The former eruption assumes a varied character, and is composed first of vesicles (containing water), and secondly of pustules (containing matter), each of which pustules has a depression in the centre, and thirdly of several red pimples, without either water or matter in them, and which sometimes assume a livid appearance.—THESE ERUPTIONS GENERALLY SHOW THEMSELVES MORE UPON THE WRIST, AND SOMETIMES UP ONE OR BOTH OF THE NOSTRILS.—“The first places in which it makes its appearance are generally the wrist and ææ of the nose.”\* While in the latter disease—the *unprotected* small-pox—the eruption is composed entirely of pustules containing matter, and which pustules are more on the face than on any other part of the body.—There is generally a peculiar smell in both diseases. An odour once smelt never to be forgotten.

Now there is one most important remark I have to make,—THE MODIFIED SMALL-POX IS CONTAGIOUS. This must be borne in mind as a person labouring under the disease, must, if there be children in the house, be sent away himself, or the children must be banished the house and the neighbourhood.—Another important piece of advice, is, let all in the house—children and adults—be vaccinated even if any or all have been vaccinated previously.

*Treatment.*—Let the patient keep his room, and if he

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\* Dr. Hooper's *Physician's Vade Mecum*. By Wm. Augustus Guy, M.B. Cantab.

be very ill, his bed. Let the chamber be well ventilated. If it be winter-time, a small fire in the grate will encourage ventilation.—If it be summer, a fire is out of the question; indeed, in such a case the top-sash of the window must be lowered—as thorough ventilation is an important requisite of cure in small-pox and in *modified* small-pox.—While the eruption is out, do not, on any account, give aperient medicine.—In ten days from the commencement of the illness, a mild aperient may be given.—The best medicine in these cases, is, the Acidulated Infusion of Roses—sweetened,\* which may be given from the commencement of the disease, and may be continued until the fever is abated. For the first few days—as long as the fever lasts—the patient must not be allowed either meat or broth; but should be kept on a low diet, such as gruel, arrow-root, milk-puddings, &c.—As soon as the fever is abated, he may gradually resume his usual diet. When he is convalescent, it is well, where practicable, that he should have change of air for a month.

211. *How would you distinguish between modified Small-pox and Chicken-pox?*

Modified small-pox may be readily distinguished from chicken-pox—by the former disease being—notwithstanding its modification—much more severe and the fever much more intense BEFORE the eruption shows itself than chicken-pox; indeed, in chicken-pox there is little or no fever either before or after the eruption;—by the former disease—the modified small-pox—consisting PARTLY of pustules (containing matter), each pustule having a depression in the centre, and the favourite localities of the pustules being the wrists and the inside of the nostrils; while in the chicken-pox, the eruption consists of vesicles (containing water), and NOT pustules (containing matter), and the vesicles having no depression in the centre, and the vesicles having no

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\* See page 158.

particular partiality to attack the wrists and the nostrils. In modified small-pox each pustule is inflamed at the base as in unprotected small-pox; while in chicken-pox there is no inflammation around each vesicle. The vesicles, too, in chicken-pox are small—much smaller than the pustules in modified small-pox.

212. *Is Hooping-cough an inflammatory disease?*

Hooping-cough in itself is not inflammatory—it is purely spasmodic; but it is generally accompanied with more or less of bronchitis—inflammation of the mucous membrane of the bronchial tubes—on which account, it is necessary, *in all cases* of hooping-cough, to consult a Medical man, that he may watch the progress of the disease and nip inflammation in the bud.

213. *Will you have the goodness to give the symptoms, and a brief history, of Hooping-cough?*

Hooping-cough is emphatically a disease of the young: it is rare for adults to have it; if they do, they usually suffer more severely than children. A child seldom has it but once in his life. It is highly contagious, and therefore frequently runs through a whole family of children;—giving much annoyance, anxiety, and trouble to the mother and the nurses;—hence, hooping-cough is much dreaded by them. It is very amenable to treatment. Spring and summer are the best seasons of the year for the disease to occur. This complaint usually lasts from six to twelve weeks; sometimes for a much longer period, more especially if proper means are not employed to relieve it.

Hooping-cough commences as a common cold and cough. The cough increases in intensity for ten days, or a fortnight; at about which time, it puts on the characteristic 'hoop.' The attack of cough comes on in paroxysms.

In a paroxysm, the child coughs so long and so violently, and *expires* so much air from the lungs, without *inspiring* any, that, at times, he appears nearly suffocated and exhausted;—the veins of his neck swell, his face is almost purple, his eyes seem to start from their sockets

with the tremendous exertion; at length, there is a sudden *inspiration* of air through the contracted chink of the upper part of the wind-pipe—the glottis—causing the peculiar ‘hoop;’ and, after a little more coughing, the child brings up some glairy mucus from the chest; and, sometimes, by vomiting, food from the stomach: he is instantly relieved, until the next paroxysm occurs, when the same process is repeated—the child during the intervals, in a favourable case, appearing quite well, and, after the cough is over, instantly returning to his play or to his food. Generally, he is hungry after a paroxysm; unless, indeed, there be severe inflammation of the chest or of the lungs. Sickness, as I before remarked, frequently accompanies whooping-cough; when it does, it may be looked upon as a good sign. The child usually knows when an attack is coming on; he dreads it, and therefore tries to prevent it: he sometimes partially succeeds; but if he does, it only makes the attack, when it does come, more severe. All cause of irritation and excitement must, as much as possible, be avoided: as passion is apt to bring on a severe paroxysm.

A new-born babe—an infant of one or two months old—commonly escapes the infection; but if, unfortunately, he catches whooping-cough, at that tender age, it is likely to fare harder with him than if he were older—the younger the child, the greater the risk.—But still, in such a case, do not despair, as I have known numerous instances of new-born infants, with judicious care, recover perfectly from the attack, and thrive after it as though nothing of the kind had ever happened.

A new-born infant, labouring under whooping-cough, is liable to convulsions—which is one great source of danger.—A child, too, who is teething, and labouring under the disease, is also liable to convulsions. When the patient is convalescing, care must be taken that he does not catch cold, or the ‘hoop’ may return. Whooping-cough may either precede, attend, or follow, an attack of measles.

214. *What is the treatment of Hooping-cough?*

We will divide the hooping-cough into three stages, and treat each stage separately.

*What to do,—in the first stage*—the commencement of hooping-cough.—For the first ten days,—give the Ipecacuanha Wine Mixture,\*—a teaspoonful three times a day. If the child is not weaned,—keep him entirely to the breast; if he is weaned,—to a milk and farinaceous diet. Confine him to the house for the first ten days,—more especially if the hooping-cough be attended—as it usually is—with more or less of bronchitis. But, take care that the rooms are well ventilated: for good air is essential in the cure of hooping-cough. If the bronchitis—attending the hooping-cough—be severe,—confine the child to his bed, and treat him as though it were simply a case of bronchitis.†

*In the second stage*,—Discontinue the Ipecacuanha Mixture, and give Dr. Gibb's remedy,—namely, Nitric Acid,—which I have found to be a most efficacious and valuable one in hooping-cough:—

Take of—Diluted Nitric Acid, two drachms;

Compound Tincture of Cardamoms, half a drachm;

Simple Syrup, three ounces;

Water, two ounces and a half.

Make a mixture. One or two teaspoonfuls, or a tablespoonful, according to the age of the child—one teaspoonful for an infant of six months and two teaspoonfuls for a child of twelve months, and one tablespoonful for a child of two years—every four hours, first shaking the bottle.

Let the spine and the chest be well rubbed every night and morning with the following stimulating liniment (first shaking the bottle):—

Take of—Oil of Cloves, one drachm;

Oil of Amber, two drachms;

Compound Soap Liniment, nine drachms:

Make a Liniment.

\* For the prescription of the Ipecacuanha Wine Mixture—see page 143.

† For the treatment of bronchitis—see page 153.

Let him wear a broad band of new-flannel, which must extend round from his chest to his back, and should be changed night and morning, in order that it may be dried before putting on again.

The diet may now be improved,—the child may gradually return to his usual food.

*In the third stage*,—that is to say when the complaint has lasted a month—if by that time the child is not cured,—there is nothing like change of air—to a high, dry, healthy, country place. Continue the Nitric Acid Mixture and the stimulating Liniment to the back and the chest, and let him almost live in the open air, and be sure that he does not discontinue wearing the flannel until he is quite cured, and then let it be left off by degrees.

If the whooping-cough has caused great debility—give him Cod Liver Oil—a teaspoonful twice or three times a day.

But, remember, after the first few weeks, change of air—and plenty of it—is the grand remedy for whooping-cough.

*What NOT to do.*—Do not apply leeches to the chest,—for I would rather put blood into a child, labouring under whooping-cough—than take it out of him: whooping-cough is quite weakening enough to the system of itself without robbing it of its life's blood; do not, on any account whatever, administer emetic-tartar or anti-monial-wine; do not give paregoric or syrup of poppies; do not drug him with calomel or with grey-powder; do not dose him with quack-medicine; do not give him stimulants—but rather plenty of nourishment, such as, milk and farinaceous food—but NO stimulants; do not be afraid, after the first week or two, of his having fresh air, and plenty of it,—FOR FRESH, PURE AIR IS THE GRAND REMEDY, after all that can be said and done, in WHOOPING-COUGH.—Although, occasionally, we find that, if the child is labouring under whooping-cough and is breathing a pure country air, and is not getting

well so rapidly as we could wish,—change of air, to a smoky town, will, sometimes, quickly effect a cure!

215. *What is to be done during a paroxysm of Hooping-cough?*

If the child be old enough, let him stand up; but if he be too young or too feeble, raise his head, and bend his body a little forward; then support his back with one hand, and his forehead with the other. Let the mucus be wiped out of the mouth, with a soft handkerchief, the moment it is within reach.

216. *In an obstinate case of Hooping-cough, what is the best remedy?*

Provided there be no active inflammation,—change of air to any healthy spot.—A farm-house, in a high, dry, and salubrious neighbourhood, is as good a place as can be chosen. If in a short time he is not quite well, take him to the sea-side.

217. *Suppose my child should have a shivering-fit: is it to be looked upon as an important symptom?*

Certainly.—Nearly all **SERIOUS** illnesses commence with a shivering-fit:—severe colds, influenza, inflammations of different organs, scarlet-fever, measles, small-pox, and many other diseases,—begin in this way. Therefore, if ever your child should have a shivering-fit, instantly send for a Medical man; as delay may be dangerous. A few hours of judicious treatment, **AT THE COMMENCEMENT OF AN ILLNESS**, is frequently of more avail than days and weeks, nay, months of treatment, when disease has gained a firm footing. A **SERIOUS** disease often steals on insidiously, and we have, perhaps, only the shivering-fit—which may be but a **SLIGHT** one—to tell us of its approach.

218. *In case of a shivering-fit perhaps you will tell me, —What to do?*

**INSTANTLY** have the bed warmed, and put the child to bed.—Apply a hot bottle, or a hot brick, wrapped in flannel, to the soles of the feet.—Put an extra blanket on the bed; and give the child a **HOT** cup of tea.

As soon as the shivering-fit is over, and the child has become hot, gradually lessen the *extra* quantity of clothes on the bed, and take away the hot bottle, or the hot brick, from the feet.

*What NOT to do.*—Do not give brandy or wine,—as inflammation of some organ may be about to take place.—Do not administer opening medicine,—as there may be some eruption coming out on the skin, and an aperient may check it.

219. *Have the goodness to describe the complaint of children called Mumps.*

The mumps—inflammation of the ‘parotid’ gland—is commonly ushered in with a slight feverish attack.—After a short time,—a swelling, of stony hardness, is noticed before and under the ear; which swelling extends along the neck towards the chin.—This lump is exceedingly painful; and continues painful and swollen for four or five days.—At the end of which time, it gradually disappears, leaving not a trace behind.—The swelling of mumps never gathers.—It may affect one or both sides of the face. It seldom occurs but once in a life-time. It is contagious, and has been known to run through a whole family, or a school; but it is not dangerous, unless—which is rarely the case—it leaves the ‘parotid’ gland, and migrates to the head, the breast, or the testicle.

220. *What is the treatment of Mumps?*

Foment the swelling, four or five times a day, with a flannel wrung out of hot camomile and poppy-head decoction;\* and apply a barm-and-oatmeal poultice to the swollen gland, or glands, every night. Debar the little patient from taking meat and broth for a few days; and let him live on bread and milk, light puddings, and arrowroot. Keep him in a well-ventilated room; and shut him out from the company of his brothers, his sisters,

\* Four poppy-heads and four ounces of camomile-blows, to be boiled in four pints of water, for half an hour, and then strained—to make the decoction.



and his young companions. Give him a little mild, aperient medicine. Of course, if there be the slightest symptom of migration to any other part or parts, instantly call in a Medical man.

221. *What is the treatment of a Boil ?*

One of the best applications, is, a Burgundy-pitch plaister—spread on a soft piece of wash-leather.—Let a chemist spread a plaister, about the size of the hand; and, from this piece, cut small plaisters—the size of a shilling or a florin (according to the dimension of the boil;) which snip around and apply to the part.—Put a fresh one on daily.—This plaister will soon cause the boil to break:—when it does break, squeeze out the contents, and then apply one of the plaisters as before; which renew every day, until the boil be well.

*If the boils should arise from the child being in a delicate state of health,*—give him cod-liver oil, meat once a day, and abundance of milk and farinaceous food.—Let him have plenty of fresh air and exercise.

*If the boils should arise from gross and improper feeding,*—then keep him from meat, for a time, and let him live on a milk and farinaceous diet.

*If the child be fat and gross,*—cod-liver oil would be improper,—a mild aperient—such as, rhubarb-and-magnesia,—would, then, be the best medicine.

222. *What are the symptoms of Ear-ache ?*

A young child screaming violently and continuously is oftentimes owing to ear-ache;—therefore carefully examine each ear and ascertain if there be any discharge: if there be, the mystery is explained.

Screaming from ear-ache may be distinguished from the screaming from bowel-ache—by the former (ear-ache) being more continuous, and the child putting his hand to his head, while in the latter (bowel-ache), the pain is more of a coming and going character, and he draws up his legs to his bowels.—Again, in the former (ear-ache), the secretions from the bowels are natural; while in the latter (bowel-ache), the secretions from the bowels are

depraved, and probably offensive.—But a careful examination of the ear will generally decide the nature of the case at once.

223. *What is the best remedy for Ear-ache?*

Apply to the ear a small flannel bag, filled with hot salt—as hot as can be comfortably borne; or,—foment the ear with a flannel wrung out of hot camomile and poppy-head decoction.—A roasted onion, enclosed in muslin, applied to the ear, is an old-fashioned and favourite remedy, and may be tried, if the bag of hot salt, or the hot fomentation, do not relieve. Put into the ear, but not very far, a small piece of cotton-wool, moistened with warm olive oil. Taking care that the wool is always removed before a fresh piece is substituted; as, if it be allowed to remain in any length of time, it may produce a discharge from the ear. Avoid all COLD applications. If the ear-ache be severe,—keep the little patient at home, in a room of equal temperature, but well ventilated, and give him no meat for a day or two.

If a discharge from the ear should either accompany, or follow, the ear-ache—MORE ESPECIALLY IF THE DISCHARGE BE OFFENSIVE—instantly call in a Medical man, or deafness for life may be the result.

224. *What are the causes and the treatment of discharges from the Ear?*

Cold; measles; scarlet-fever; healing up of eruptions behind the ear; pellets of cotton-wool, which had been put in the ear, and have been forgotten to be removed,\* are the usual causes of discharges from the ear. It generally commences with ear-ache.

The treatment consists—in keeping the parts clean;—by syringing the ear every morning with warm water;—by attention to food—keeping the child principally

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\* Mr. Cooper Forster, in his *Surgical Diseases of Children*, considers this to be a very frequent cause of discharges from the ear.

upon a milk and a farinaceous diet;—and by change of air, more especially to the coast.—If change of air be not practicable,—great attention must be paid to ventilation. As I have before advised, in all cases of discharge from the ear,—call in a Medical man, as a little judicious medicine is advisable; indeed, essential; and it may be necessary to syringe the ear with lotions, instead of with warm water; and, of course, it is only a Doctor who can decide these matters, and each individual case.

225. *What is the treatment of a “stye” in the eye-lid?*

Bathe the eye, frequently, with warm milk-and-water, and apply, every night, at bedtime, a warm white-bread poultice.

No medicine is required; but, if the child be gross,—keep him, for a few days, from meat, and let him live on bread-and-milk and farinaceous puddings.

226. *If a child have large bowels, what would you recommend as likely to reduce their size?*

It should be borne in mind,—that the bowels of a child are larger in proportion than those of an adult. But, if they be actually larger than they ought to be,—let them be well rubbed, for a quarter of an hour at a time, night and morning, with soap-liniment; and, then, apply a broad flannel belt.—“A broad flannel belt worn night and day, firm but not tight, is very serviceable.”\* The child should be prevented from drinking as much as he has been in the habit of doing;—let him be encouraged to exercise himself well in the open air;—and let strict regard be paid to his diet.

227. *What are the best aperients for a child?*

If it be ACTUALLY necessary to give a child opening-medicine,—one or two teaspoonfuls of Syrup of Senna, repeated in four hours if necessary, will generally answer the purpose, or, for a change,—one or two teaspoonfuls of castor-oil may be substituted. Lensitive

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\* Sir Charles Locock, in a *Letter* to the Author.

Electuary (Compound Confection of Senna) is another excellent aperient for a child,—it being mild in its operation, and pleasant to take:—a child fancying it is nothing more than jam, and which it much resembles in taste.—The dose, is, half or one teaspoonful early in the morning, occasionally.—Honey, too, is a nice aperient for a child—a teaspoonful may be given either by itself, or spread on a slice of bread.

Some mothers are in the habit of giving their children jalap-gingerbread.—I do not approve of it, as jalap is a drastic, griping purgative.

Fluid Magnesia—Solution of the Bicarbonate of Magnesia—is an admirable aperient for a child; and, as it has very little taste, is readily given; more especially, if made palatable by the addition of a little syrup, or sugar. The advantages which it has over the old solid form are, that it is colourless and nearly tasteless, and never forms concretions in the bowels, as the *solid* magnesia, if persevered in for any length of time, sometimes does.—A child, of two or three years old, may take one or two tablespoonfuls of the fluid, either by itself, or in his food; repeating it every four hours until the bowels be opened. When the child is old enough to drink the draught off *immediately*, the addition of one or two teaspoonfuls of Lemon Juice, to each dose of the Fluid Magnesia, makes a pleasant effervescing draught, and increases its efficacy as an aperient.

Bran-bread\* and treacle will frequently open the bowels; and, as treacle is wholesome, it may be substituted for butter, when the bowels are inclined to be costive.—A roasted-apple, eaten with *raw* sugar, is another excellent, mild aperient for a child. Milk-gruel—that is to say, milk thickened with oat-meal—forms an excellent food for him, and often keeps his bowels regular, and thus (which is an important consideration) supersedes the necessity of giving him an aperient.

\* One part of bran to three parts of flour, mixed together and made into bread.

Stewed prunes, is another admirable remedy for the costiveness of a child. The manner of stewing them is as follows:—Put a pound of prunes in a brown jar, add two tablespoonfuls of *raw* sugar, then cover the prunes and sugar with cold water; place them in the oven, and let them stew for four hours.—A child may eat a dozen of them every morning, until the bowels are relieved, taking care that he does not swallow the stones.

A suppository is a mild and ready way of opening the bowels of a child. When he is two or three years old, and upwards, a *Candle*-suppository is better than a *Soap*-suppository.—The way of preparing it, is, as follows:—Cut a piece of dip-tallow-candle—the length of three inches—and insert it about two inches up the fundament—as you would a clyster-pipe—allowing the remaining inch to be in sight, and there let the suppository continue until the bowels be opened.

228. *What are the most frequent causes of Protrusion of the lower-bowel?*

The too common and reprehensible practice of a parent administering frequent aperients—especially calomel and jalap—to her child. Another cause, is allowing him to remain on his chair for a quarter-of-an-hour, or more, at a time: this induces him to strain, and to force the gut down.

229. *What are the remedies?*

Of course, if the protrusion of the bowel has been brought on by the abuse of aperients,—abstain for the future; but, if medicine be absolutely required, give the mildest—such as, Syrup of Senna, or castor-oil—and the less of those, the better.

If the *external* application of a purgative, will have the desired effect, it will be better, in such cases, than the *internal* administration of aperients.—Dr. Merri-man's Purgative Liniment,\* is a good one for the purpose. Let the bowels be well rubbed with the lini-

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\* See page 65.

ment, for five minutes at a time, every night and morning.

A wet compress to the bowels, will frequently open them, and will thus do away with the necessity of giving an aperient:—**A MOST IMPORTANT CONSIDERATION.**—Fold a napkin in eight thicknesses, soak it in *cold* water, and apply it to the bowels; over which put a thin covering, or sheet, of gutta-percha, or a piece of oiled-silk; keep it in its place with a broad flannel roller; and let it remain on the bowels for three or four hours, or until they be opened.

Try what diet will do,—as opening the bowels by a regulated diet is far preferable to the giving of aperients.—Let the child have bran-bread, Robinson's Patent Groats made into gruel with new milk, or Du Barry's Arabica Revalenta.—Let him eat stewed prunes, roasted apples, strawberries, raspberries, the inside of grapes and gooseberries, figs, &c. Give him a draught of **COLD** water early every morning.

Let me, again, urge you **NOT** to give aperients in these cases, **OR IN ANY CASES**, unless you are absolutely compelled.—By following my advice, **YOU WILL SAVE YOURSELF AN IMMENSE DEAL OF TROUBLE, AND YOUR CHILD A LONG CATALOGUE OF MISERY.** AGAIN, I SAY, LOOK WELL INTO THE MATTER, AND AVOID PURGATIVES WHENEVER IT IS PRACTICABLE.

Now, with regard to the best manner of returning the bowel,—lay the child upon the bed, on his face and bowels, with his hips a little raised; then smear lard on the fore-finger of your right hand (taking care that the nail be cut close) and gently with your finger press the bowel into its proper place.

Remember, if the above methods be observed, you cannot do injury to the bowel; and the sooner it is returned, the better it will be for the child; for, if the bowel be allowed to remain down long, it may slough or mortify, and death may ensue. Every time he has a motion, the nurse must see that the bowel does

not come down, and if it does, she must instantly return it.

Moreover, the nurse should be careful NOT to allow the child to remain on his chair more than two or three minutes at a time.—“The measures of treatment which Mr. Salmon insists on most strongly in this class of cases is, that the patients shall be compelled to pass their evacuations laid on the back. In this position it is impossible to strain violently, and the bowel very rarely descends. After a time the relaxation of parts which permits the descent is recovered from, and the liability is at an end.”\*

Another excellent remedy, for the protrusion of the lower-bowel, is, a cold, salt-and-water, sitz-bath, every morning. There need not be more than a depth of three inches of water in the bath; a small handful of table-salt should be dissolved in the water; in the winter-time, a dash of warm water must be added, to take off the chill; and the child should not be allowed to sit in the bath for more than two minutes,—taking care to throw a square of flannel or a small shawl over his shoulders the while.—The sitz-bath should be continued for months, or until the complaint is removed. I cannot speak in too high praise of these sitz-baths.

230. *When a child is delicate, and his body is gradually wasting away without any assignable cause, and the stomach rejects all food that is taken: what plan can be adopted, likely to support the child's strength, and thus, probably, be the means of saving his life?*

I have seen, in such a case, great benefit to arise, from half a teacupful of strong mutton-broth, or of strong beef-tea, used as a clyster, every four hours.† If the

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\* *Medical Times and Gazette.*

† An enema-apparatus is an important requisite in every nursery; it may be procured of any respectable surgical instrument maker.—The India-rubber Enema-bottle is a great improvement on the old syringe—as it is not so likely to get out of order, and, moreover, is more easily used.

child be sinking, a dessertspoonful of brandy, or half a wineglassful of port wine, may be added to each clyster.

The above plan should only be adopted if there be no diarrhœa. If there be diarrhœa, clysters must NOT be used. Then,—provided there be great wasting away, and extreme exhaustion, and provided other remedies have failed,—it would be advisable to give, by the mouth, RAW beef: which should be taken from the hip-bone, and should be shredded very fine.—All fat and skin must be carefully removed.—One or two teaspoonfuls (according to the age of the child) should be given every four hours.

The following remarks, on the value of raw meat, in certain forms of exhaustive diseases of children, are from the pen of Dr. West:—"In these circumstances, there is still one article of food—raw meat—which, strange as it may seem, is often eagerly taken, and always perfectly well digested. Professor Weisse, of St. Petersburg, first recommended its employment in children suffering from diarrhœa after weaning; it has been since then frequently given by other physicians in Germany, in cases of long-standing diarrhœa. The lean of either beef or mutton, very finely shred, may be given in quantities, at first, of not more than two teaspoonfuls, four times a day, to children of a year old; and afterwards, if they crave for more, a larger quantity may be allowed. I have seldom found any difficulty in getting children to take it; often, indeed, they are clamorous for it; it does not nauseate if given in small quantities, nor does it ever aggravate the diarrhœa; while, in some instances, it has appeared to have been the only means by which the life of the child has been preserved. With returning convalescence, the desire for this food subsides, and the child can, without any difficulty, be replaced on its ordinary diet."

231. *If a child be naturally delicate, what plan would you recommend to strengthen him?*

I should advise strict attention to the rules above



mentioned, and *change of air*; more especially, if it be possible, to the coast.—Change of air, sometimes, acts like magic upon a delicate child, and may restore him to health when all other means have failed.—“Children profit by change of air with surprising avidity; and there are few cases of deranged health at an early age in which it does not merit the first rank in the list of remedies. Delicate females also benefit greatly; indeed, in proportion to the natural susceptibility of the individual, is the beneficial influence of a judicious change of air evinced. It is to the young and delicate the best and often the only admissible tonic; and we have daily occasion to regret the straitened circumstances which keep many such patients lingering in a state between health and disease, in the confined air of the city, or in some equally unhealthy residence in the country, when they might be restored to health and vigour by a temporary change to a purer air.”\*

If a girl be delicate “carry her off to the farm, there to undergo the discipline of new milk, brown bread, early hours, no lessons, and romps in the hayfield.”†

Of course, the above advice is equally applicable for a delicate boy,—as delicate boys and girls should be treated in a similar manner.—Unfortunately in these *very* enlightened days! there is too great a distinction made in the management and treatment of boys and girls.

The best medicines for a delicate child will be—the wine of iron and cod-liver oil—give them combined in the manner I shall advise when speaking of the treatment of Rickets.

In diseases of long standing and that resist the usual remedies, there is nothing like *change of air*.—Hippocrates—the Father of medicine—says,—

“In longis morbis solum mutare.”

(In tedious diseases to change the place of residence.)

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\* *On Climate*. By Sir James Clark.

† *Blackwood*, Dec. 1861.

232. *Do you approve of sea-bathing for a delicate young child?*

No:—he is frequently so frightened by it, that the alarm does him more harm, than the bathing does him good. The better plan would be, every morning, to have him well sponged—especially his back and loins—with sea-water—and to have him carried on the beach as much as possible, in order that he may inhale the sea-breezes.

When he is older, and is not frightened at being dipped, sea-bathing will be beneficial to him. If it is to do good, either to an adult or to a child, it must be anticipated with pleasure, and not with dread nor distaste.

233. *What is the best method of administering medicine to a child?*

If he be old enough,—appeal to his reason; for, if a mother endeavours to deceive her child, and he detect her, he will suspect her for the future. If he be too young to be reasoned with, then, if he will not take his medicine,—he must be compelled.—Lay him across the knee, let his hands and nose be tightly held, and then pour the medicine down his throat by means of the patent medicine-spoon, or, if that be not at hand, by a tea or a dessert-spoon, and he will be obliged to swallow it.

It may be said,—that this is a cruel procedure: but it is the only way to compel an unruly child to take medicine, and is much less cruel than running the risk of his dying from the medicine not having been administered.\*

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\* If any of my Medical brethren should, perchance, read these Conversations, I respectfully and earnestly recommend them—to take more pains in making medicines for children pleasant and palatable. I am convinced that, in the generality of instances, it may be done, provided a little more care and thought were bestowed on the subject: and what an amount of trouble and of annoyance it would save! It is really painful to witness the struggles and cries of a child when *nauseous* medicine is to be given: the passion and the excitement often do more harm than the medicine does good.

234. *Must a sick child be roused from sleep to give him medicine, when it is time for him to take it?*

On no account, as sleep, being a natural restorative, must not be interfered with. A mother cannot be too particular in administering the medicine, at stated periods, whilst he is awake.

235. *Do you not consider, that a Medical man is generally too apt to give larger doses of medicine, or to lay down stricter rules of diet, for a sick child, from knowing how prone a mother is to administer less medicine, or to give more nourishing diet, than has been ordered?*

Certainly not.—The common practice, among some mothers, of disobeying a Medical man (more especially a young Doctor, however talented he may be), or only adopting half his measures, cannot be too strongly reprobated. I will here subjoin a few examples.

*First.*—Suppose a child to be labouring under a violent inflammation-of-the-lungs, which has existed some days, unchecked and untended; at length, the parents call in a Medical man. Although it is a severe case of inflammation, he does not despair, as he is in possession of remedies to subdue it. He orders medicine that will produce constant nausea, and desires that it may be given regularly at stated periods; he, moreover, requests that the invalid may be kept on a low diet.—The Doctor calls in the morning, and finds his little patient no better, —nay, worse. He inquires, whether the medicine has produced the desired effect, and is informed by the mother, that as the first dose produced sickness, she had not continued giving it, as she was afraid that it was too powerful. The Medical man expresses regret at his orders having been set at nought; he now considers, that the only chance for the child will be—in continuing the medicine in full doses, at regular intervals, and,—in applying a blister to the chest. They demur at this; but, at length, they agree to its application; the blister is sent: in the mean time, one of the neighbours calls in. The blister is mentioned to her:—she says,—that she highly

disapproves of it, and that, if it were her child, she would not have him tortured.—The parents, too happy in having such advice, as it coincides with their own feelings, are now confirmed in their former determination NOT to have the blister applied.—The Doctor calls on the following morning, and finds his little patient much worse. He asks if the blister had at all risen, and hears, to his chagrin and mortification, that it had not been applied! All human remedies are now in vain—the patient dies. Let me ask, who, in all probability, caused the death of that child?

*Second Example.*—A child is in convulsions: the Medical man is sent for. On looking into the mouth, he finds that the gums are much swollen and very red: he pronounces the convulsions to arise from teething. He proposes to lance the gums immediately, and to have the child put into a warm-bath, as soon as warm water can be procured. The mother objects both to the lancing and to the warm-bath. She says,—that lancing of the gums hardens them; that she will not have her little darling tormented; and, that she has heard of a child who once died in a bath! The Doctor uses argument and entreaties; he proves the absurdity of the opinion that lancing of the gums hardens them; he brings forward numerous cases where the warm-bath has been eminently successful: but, all his arguments, all his entreaties, are unavailing. The convulsions continue with redoubled violence, and, at length, water-on-the-brain is formed. The little patient dies; another victim, out of many, to a Medical man's advice not having been followed.

*Third Example.*—A child has had violent inflammation-of-the-lungs. He is much better, but still there is a vestige of the disease remaining; on which account the Doctor recommends the low diet to be continued a little longer.—Of course, the child is weak; and the mother, without consulting the Medical man, gives the child broth,—which is essence of meat in solution. The

broth lights up the dying embers of the inflammation, and the disease returns with redoubled fury; and the child, being now too weak to bear the former remedies, dies.

*Fourth Example.*—The last I shall bring forward, is a case of measles. Bronchitis—inflammation of the lining membrane of the bronchial tubes—constitutes, in most cases, the principal danger in measles. A Medical man is called in to such a case. He recommends appropriate medicine, that the child should be kept comfortably warm, and that he should live, for a few days, on barley-water, gruel, milk-and-water, and on such like simple beverages, and that stimulants, in any shape whatever, should on no account be given. An acquaintance or a neighbour sees the child, and tells the mother, that the principal thing to be attended to, is, to throw the measles out; and, for that purpose, she recommends her to give him “surfeit-water” and “tent-wine.”—The “surfeit-water” and the wine are given; and what is the consequence? A violent inflammation ensues, which possibly carries the little patient off; whereas, if the advice of the Doctor had been followed, the child (with the blessing of GOD) might still have been alive!

These are all pictures drawn from the life, and have actually occurred in my own practice in FORMER years: many more examples might be produced; but these, I hope, will be enough to warn a mother against omitting or adding to any advice, which her Doctor, from experience, may recommend.—In short, a parent must place the utmost confidence in her Medical man; for, if entire confidence does not exist, she has no business to employ him.

236. *Have you any remarks to make—on the management of a sick room, and have you any directions to give—on the nursing of a sick child?*

In sickness,—select a large room; if in the town, the back of the house will be preferable; in order to keep the patient free from noise and bustle: as a sick chamber

cannot be too quiet. Be sure,—that there is a chimney in the room—as there ought to be in **EVERY** room in the house—and that it is not stopped, as it will help to carry off the impure air of the apartment.—Keep the chamber **WELL VENTILATED**, by opening the window from time to time. The air of the apartment cannot be too pure; therefore, let the evacuations from the bowels be **INSTANTLY** removed to a distant part of the house, or to an out-house, or to the cellar; as it may be necessary to keep them for the Medical man's inspection.

Let there be a frequent change of linen; as, in sickness, it is even more necessary than in health; more especially, if the complaint be fever.—In an attack of fever,—clean sheets must be put on the bed, every other day;—clean body-linen, every day. A frequent change of linen is most refreshing in sickness.

If the complaint be fever,—a fire in the grate will not be necessary. Should it be a case of inflammation-of-the-lungs, or of the chest,—a small fire, in the winter-time, is desirable, keeping the temperature of the room as nearly as possible at 60° Fahr. Bear in mind,—that a large fire in a sick room cannot be too strongly condemned; for, if there be fever—and there are scarcely any complaints without—a large fire only increases it. Small fires,—in cases of inflammation-of-the-lungs, or of the chest, in the winter-time, encourage ventilation of the apartment, and thus carry off impure air. Of course, if it be summer-time,—fires would be improper. A thermometer is an indispensable requisite in a sick room.

**IN FEVER,—FREE AND THOROUGH VENTILATION IS OF VITAL IMPORTANCE; MORE ESPECIALLY—IN SCARLET-FEVER;** then, a patient cannot have too much air: in scarlet-fever,—for the first few days, the windows **MUST** be opened, be it winter or summer, to the widest extent.—The fear of the patient taking cold by doing so, is one of the numerous prejudices and baseless fears that haunt the nursery, and the sooner it is exploded

the better it will be for human life. The valances and bed-curtains must be removed, and there should be as little furniture in the room as possible.

If it be a case of measles,—it will be necessary to adopt a different course; then, the windows should not be opened, but, the door must, from time to time, be left ajar. In a case of measles,—if it be winter time, a *small* fire in the room will be necessary. In inflammation-of-the-lungs, or of the chest,—the windows should not be opened; but the door must, occasionally, be left a little open, in order to change the air, and to make it pure. Remember, then,—that ventilation either by open window, or by open door, is most necessary in ALL diseases. VENTILATION IS ONE OF THE BEST FRIENDS A DOCTOR HAS.

In fever,—do not load the bed with clothes; in the summer,—a sheet is sufficient; in the winter,—a sheet and a blanket.

In fever,—do not be afraid of allowing the patient plenty of cold water, or of cold toast-and-water: nature will tell him when he has had enough. In measles,—let the chill be taken off the toast-and-water.

In *croup*,—have a plentiful supply of HOT water, always ready, in case a warm-bath may be required.

In *child-crowing*,—have always a supply of COLD water in the sick room, ready to dash upon the face at a moment's notice.

In fever,—do not let the little patient lie on the lap: he will rest more comfortably, on a horse-hair mattress, in his crib or cot.—If he has pain in the bowels,—the lap is most agreeable to him: the warmth of the body of the mother, or of the nurse, soothes him; besides, if he is on the lap, he can be turned on his stomach and on his bowels; which often affords him great relief and comfort. If a child be much emaciated,—place a pillow upon the lap, when he is nursed, and let him lie upon it.

In *head affections*,—darken the room with a *green* calico blind; keep the chamber more than usually quiet; let

what little talking, is necessary, be carried on in whispers, but the less of that the better; and, in *head affections*,—never allow smelling-salts to be applied to the nose, as they only increase the flow of blood to the head, and consequently do harm.

If a sick child be peevish,—attract his attention by a toy, or by an ornament: if he be cross,—win him over to good humour by love, affection, and caresses; but let it be done gently and without noise. Do not let visitors see him; they will only excite, distract, and irritate him, and help to consume the oxygen of the atmosphere, and thus to rob it of its exhilarating health-giving qualities and purity: a sick room, therefore, is not a proper place for visitors.

In selecting a sick nurse,—let her be gentle, patient, cheerful, quiet, and kind, but firm withal; she should be neither old nor young: if she is old—she is often garrulous and prejudiced, and thinks too much of her trouble; if she is young,—she is frequently thoughtless and noisy; therefore, choose a middle-aged woman. Do not let there be in the sick room more than one efficient nurse besides the mother; a greater number can be of no service, they will only be in each other's way.

Let stillness reign in a sick-room—ESPECIALLY IF THE HEAD BE THE PART AFFECTED. Creaking shoes, and rustling silk dresses, must not be worn in sick chambers.—If the child be asleep, or be dozing, PERFECT STILLNESS must be enjoined—not even a whisper should be heard:—

“ In the sick-room be calm,  
Move gently and with care,  
Lest any jar or sudden noise  
Come sharply unaware.

You cannot tell the harm,  
The mischief it may bring,  
To wake the sick one suddenly,  
Besides the suffering.



The broken sleep excites  
 Fresh pain, increas'd distress,  
 The quiet slumber undisturb'd  
 Soothes pain and restlessness.  
 Sleep is the gift of GOD :  
 Oh ! bear these words at heart,  
 ' He giveth His beloved sleep,'  
 And gently do thy part."\*

If there be other children,—let them be removed to a distant part of the house; or, if the disease be of an infectious nature,—let them be sent away from home entirely.

In all illnesses—AND BEAR IN MIND, THE FOLLOWING IS MOST IMPORTANT ADVICE—a child must be encouraged to try and make water, whether he asks or not, at least four times during the twenty-four hours; and, at any other time, if he express the SLIGHTEST inclination to do so.—I have known a child to hold his water for twelve hours, to his great detriment; because the mother had, in her trouble, forgotten to inquire, or the child was too ill, or too indolent, to make the attempt.

See that the Medical man's directions are carried out TO THE VERY LETTER.—Do not fancy that you know better than he does; otherwise, you have no business to employ him.—Let him, then, have your implicit confidence and exact obedience.—What *you* may consider to be a trifling matter, may frequently be of the utmost importance, and may, sometimes, decide whether the case shall end in life or death!

237. *Suppose a child to have had an inflammation-of-the-lungs, and to be much predisposed to it: what precautions would you take to prevent it for the future?*

I would recommend him to wear fine flannel, instead of lawn shirts; to wear good lamb's-wool stockings above

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\* *Household Verses on Health and Happiness.* London: Jarrold and Sons. A most delightful little volume.

*the knees* ; and a Burgundy-pitch plaister (about the size of the mother's hand) between the shoulder-blades ;—in order to keep the root of the lungs warm.—The plaister must not be discontinued until teething be completed, and not even then, if the lungs be still delicate.—As soon as one plaister becomes loose, another must immediately take its place.—The plaister should be gradually discontinued, by cutting off a small piece every morning, to prevent the child from taking cold, by its being left off too suddenly.

I also advise, table-salt to be added to the water in which the child is washed in the morning, as recommended in answer to the 115th question.

238. *Do you advise such a child to be confined within doors ?*

If any inflammation be present, or if he has but just recovered from one, it would be improper to send him into the open air ; but not otherwise ; as the fresh air would be a likely means of strengthening the lungs, and, thereby, of preventing an attack of inflammation for the future.—Besides, the more a child is coddled within doors, the more likely will he be to take cold, and to renew the inflammation. If the weather be cold, yet not wet nor damp, he should be sent out, but let him be well clothed ; and the nurse should have strict injunctions NOT to stand about entries, or in any draughts ; indeed, not to stand about at all, but to keep walking all the time she is in the air.

239. *If a child be chicken-breasted, or if he be narrow-chested, are there any means of expanding and of strengthening his chest ?*

Learning should be put out of the question, attention must be paid to his health alone, or consumption will mark him as its own ! Let him live in the open air as much as possible ; if it be country, so much the better. Let him rise early in the morning, and go to bed betimes ; and, if he be old enough, to use the dumb-bells, or, what is better, an India-rubber chest-expander,

he should do so, daily. He should also be encouraged to use two short sticks, similar to a policeman's staff, and to go through regular exercises with them, every morning. As soon as he is old enough, let him have lessons from a drill-sergeant. Let him be made to walk and to sit upright; and let him be kept as much as possible upon a milk-diet;\* and give him fresh meat every day.—Cod-liver-oil—a teaspoonful or a dessert-spoonful, according to the age of the child, twice a day—is very serviceable in these cases.—Stimulants must be carefully avoided. In short, let every means be used to nourish, to strengthen, and to invigorate the system, without, at the same time, creating fever.

240. *If a child be round-shouldered, or if either of his shoulder-blades have "grown out," what had better be done?*

Nourish him well on milk and farinaceous food, and meat once a day; BUT LET MILK BE HIS STAPLE DIET:—HE SHOULD TAKE TWO OR THREE PINTS OF NEW-MILK DURING THE TWENTY-FOUR HOURS.—He should almost live in the open air, and have plenty of play.—Country is the place for him if you can so contrive. He may lie down flat on his back, on the carpet, when he is tired—for half an hour, two or three times, daily.—Let him lie on a horse-hair mattress at night.

Let him have, EVERY MORNING, if it be summer, A THOROUGH COLD WATER ABLUTION; if it be winter, let the water be made tepid.—Let two handfuls of table-salt be dissolved in the water. Let the salt and water stream well over his shoulders and down his back.—Let him then be well dried with a moderately coarse towel, and then let his back be well rubbed, and his shoulders be thrown back—exercising them for five or ten minutes much in the same manner as in skipping.—Skipping, by-the-bye, is of great use in these cases, whether the

\* Where milk does not agree, it may generally be made to do so, by the addition of one part lime-water to seven parts of new-milk.

child be a boy or a girl.—Of course throwing the rope backwards, and not forwards.

Let books be thrown to the winds, until his shoulders have become strong, and thus no longer round, and his shoulder-blades have become straight.

Let him have a teaspoonful or a dessert-spoonful (according to his age) of cod-liver oil, twice a day.

When he is old enough, let the drill-sergeant give him regular lessons, and let the dancing-master be put in requisition.

**BUT BEAR IN MIND, IN THESE CASES, LET THERE BE NO MECHANICAL RESTRAINTS—NO SHOULDER-STRAPS, NO ABOMINABLE STAYS—MAKE HIM STRAIGHT BY NATURAL MEANS—BY MAKING HIM STRONG. MECHANICAL MEANS WOULD ONLY, BY WEAKENING AND WASTING THE MUSCLES, INCREASE THE MISCHIEF, AND, THUS, THE DEFORMITY.**

241. *If a child "wet his bed" while asleep, is there any method of preventing him from doing so for the future?*

Let him be held out just before he himself goes to bed, and again when the family retires to rest. If he be asleep at the time, he will become so accustomed to it, that he will make water without awaking. He should be made to lie on his side; for, if he be put on his back, the urine will rest upon an irritable part of the bladder, and if he be inclined to wet his bed, he will not be able to avoid doing so. He must not be allowed to drink much with his meals, especially with his supper. Wetting-the-bed is an infirmity with some children—they cannot help it. Therefore, it is cruel to scold and chastise them for it. Occasionally, however, wetting-the-bed arises from idleness; in which case, of course, a little wholesome correction may be necessary.

242. *If a child should catch small-pox, what are the best means to prevent pitting?*

He should be desired not to pick nor to rub the pustules.—If he be too young to attend to these directions, his hands must be secured in bags (just large enough

to hold them); which bags should be fastened round the wrists.—The nails must be cut very close.

Cream smeared on the pustules, by means of a feather, frequently in the day, affords great comfort and benefit.—Tripe-liquor has been strongly recommended for the same purpose.

243. *Can you tell me of any plan to prevent chilblains, or, if a child be suffering from them, to cure them?*

*First, then, the way to prevent them.*—Let a child, who is subject to them, wear a square piece of wash-leather over the toes, a pair of warm lamb's wool stockings, and GOOD SHOES; but, above all, let him be encouraged to run about the house as much as possible, especially before going to bed: and on no account allow him to warm his feet before the fire, or to bathe them in hot water.—If the feet be cold, and the child be too young to take exercise, then let them be well rubbed with the warm hand.—If adults suffer from chilblains, I have found friction, with horse-hair flesh-gloves, night and morning, the best means of preventing them.

*Secondly, the way to cure them:*—*If they be unbroken,*—let them be well rubbed with spirits of turpentine and camphorated oil,\* every night and morning, first shaking the bottle, and then let them be covered with a piece of lint, over which the wash-leather should be placed.—“An excellent chilblain remedy is made by shaking well together, in a bottle, spirits of turpentine, white vinegar, and the contents of an egg, in equal proportion. With this, the chilblains should be rubbed gently, whenever they are in a state of irritation, and until the swelling and redness are dissipated.”† *If they be broken,* let a

\* Take of—Spirits of Turpentine, three drachms;  
Camphorated oil, nine drachms;

Mix for a liniment. For an adult, four drachms of the former, and eight of the latter, may be used.—If the child be young, or if the skin be very tender, the camphorated oil may be used without the turpentine.

† Wilson, on *Healthy Skin*.

piece of lint be spread with spermaceti-cerate, and be applied to the part every morning, and let a white-bread poultice be used every night.

244. *During the winter time, my child's hands, legs, &c., chap very much : what had I better do ?*

Take particular care to dry the skin well every time he is washed ; then, rub a piece of deer's suet over the parts affected, after each ablution, as well as every night at bedtime : a few dressings will perform a cure. The deer's suet may be bought at any of the shops where venison is sold.—Another excellent remedy, is—glycerine, which should be smeared on the parts affected, by means of the finger, or by a camel's-hair-brush, two or three times a day.

The best soap to use for chapped hands, is—the glycerine-soap : no other being required.

245. *Have the goodness to inform me of the different varieties of Worms that infest a child's bowels ?*

Principally three.—1, The tape-worm ; 2, the long round-worm ; and 3,—the most frequent of all,—the common thread-worm or maw-worm. The tape-worm infests the whole course of the bowels, both small and large ; the long round-worm, principally the small bowels, occasionally, the stomach ; and it sometimes crawls out of the child's mouth, causing alarm to the mother ; of course there is no danger in its doing so ; the common thread-worm infests the rectum or fundament.

246. *What are the causes of Worms ?*

The causes of worms are—weak bowels ; bad and improper food—such as unripe, unsound or uncooked fruit, and much green-vegetables ; pork ; sweets ; the neglecting of giving salt in the food.

247. *What are the symptoms and the treatment of worms ?*

The symptoms of worms are,—emaciation ; picking of the nose ; grating of the teeth ; starting in the sleep ; foul breath ; furred tongue ; uncertain appetite—some-

times voracious, at other times bad; large bowels; colicky pains of the bowels; slimy motions; itching of the fundament. Tape-worm and round-worm—more especially the former—are apt to produce convulsions in children. Tape-worm is very weakening to the constitution; and causes great emaciation and general ill-health; therefore the sooner it is expelled from the bowels the better it will be for the child.

With regard to *treatment*, of course, a Medical man must be consulted. He will soon use means to dislodge them.

248. *How may worms be prevented from infesting a child's bowels?*

Worms generally infest weak bowels; hence, the moment a child becomes strong, worms cease to exist. The reason why a child is so subject to worms, is owing—to the improper food which is usually given to him. When he is stuffed with unsound and unripe fruits, with sweets, with rich puddings, and with pastry, and when he is oftentimes allowed to eat his meat WITHOUT salt, and to *bolt* his food without chewing it,—is there any wonder that he should suffer from worms? The way to prevent them is,—to avoid such things; and at the same time, to give him plenty of salt to his *fresh* meat.—Salt strengthens and assists digestion, and is ABSOLUTELY necessary to the human economy. It is emphatically a worm-destroyer. The truth of this statement may be readily tested,—by sprinkling a little salt on the common earth-worm.

249. *You have a great objection to the frequent administration of aperient medicines to a child: can you devise any method to prevent their use?*

Although we can scarcely call constipation a disease; yet it sometimes leads to disease. THE FREQUENT GIVING OF APERIENTS, ONLY ADDS TO THE STUBBORNNESS OF THE BOWELS.

I have generally found a draught of cold water—fresh from the pump—early in the morning, and oatmeal

gingerbread, once or twice in the day, to have the desired effect.—The receipt for making the gingerbread is as follows:—Mix three pounds of the best Scotch oatmeal with half a pound of butter, a quarter of a pound of brown sugar, and half an ounce of freshly powdered best ginger. To be made into a paste with one pound and a quarter of warm treacle; then cut into proper shapes, and baked on tin plates in a quick oven.—“At Leeds it is made with equal quantities of oatmeal and treacle, mixed with an eighth part of melted butter and brown sugar, and one ounce of powdered ginger, with half that quantity of other spice to four pounds of meal. This is called in that neighbourhood ‘Parkin,’ and is made in almost every cottage on the fifth of November, and pieces sent about as presents \* \*. When baked, the tin must be well buttered to make the cake come out; and when done, a fork, if thrust into it, will come out clean.”\*

250. *How may a child be prevented from becoming rickety? Or, if he be rickety, how should he be treated?*

If a child be predisposed to be rickety, or if he be actually rickety,—attend to the following rules:—

Let him live well, on good nourishing diet—such as *underdone* rump-steaks, cut very fine, and mixed with crum of bread and with the gravy of the meat.—Let him have an abundance of good new-milk—a quart or three pints every twenty-four hours.—Let him have milk in every form—as milk-gruel, Du Barry’s Arabica Revalenta made with milk, batter and rice-puddings, bread and milk, &c.

Let him have a good supply of fresh, pure, dry air—he must almost live in the open air. If practicable, country in preference to town air; and sea-side air in summer and in autumn.

He should not be allowed to bear his weight upon his legs too soon.—He must sleep on a horse-hair mattress.

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\* Murray’s *Modern Cookery Book*.



—He should use, every morning, COLD baths in the summer, and TEPID baths in the winter, with table-salt—a large handful—dissolved in the water.

Friction, with the hand, must be sedulously applied to the back and to the limbs, for half an hour at a time, every night and morning. It is wonderful how much good friction does in these cases.

Strict attention must be paid to the rules of health laid down in these conversations,—as whatever is conducive to the general health is preventive and curative of rickets.

Books—if he be old enough to read them—should be thrown aside;—health—and health alone—must be considered.

The best medicines in these cases, are,—cod-liver-oil, and the wine of iron, given in the following manner:—Put a teaspoonful of wine of iron, into a wineglass, half fill the glass with water, sweeten it with a lump or two of sugar, then let a teaspoonful of cod-liver-oil swim on the top,—let the child drink it all down together, twice or three times a day.—An hour after a meal is the *best* time to give the medicine,—as iron and cod-liver-oil sit better on a full than on an empty stomach.—In a short time, the child will become fond of the above medicine, and will be sorry when it is discontinued.

A case of rickets requires great patience and steady perseverance: therefore, let the above plan have a fair and long continued trial, and I can then promise, that there will be every probability, that GREAT benefit will be derived from it.

251. *If a child be subject to a scabby eruption about the mouth, what is the best local application?*

Leave it to nature; do not, ON ANY ACCOUNT, apply any local application to heal it: if you do, you may produce injury,—you may bring on an attack of inflammation, or you may throw him into convulsions.—No! This eruption is frequently a safety-valve, and must NOT therefore be needlessly interfered with. Should the erup-

tion be severe,—reduce the child's diet; keep him from butter, gravy, and fat meat; or, indeed, from meat altogether for a few days; and give him mild aperient medicine; but, above all things, DO NOT QUACK HIM WITH CALOMEL OR WITH GREY-POWDER.

252. *Will you have the goodness to describe the eruption on the face and on the head of a young child—called Milk-Crust or Running Scall?*

Milk-crust is a complaint of very young children—of those who are cutting their teeth—and, as it is a nasty-looking complaint and frequently gives a mother a great deal of trouble, anxiety, and annoyance, it will be well that you should know its symptoms, its causes, and its probable duration.

*Symptoms.*—When a child is about nine months or a year old, small pimples are apt to break out around the ears, on the forehead and on the head—these pimples at length become vesicles (that is to say, they contain water) which run into one large one, break and form a nasty dirty-looking yellowish, and sometimes greenish scab, which scab is moist, indeed, sometimes quite wet, and gives out a disagreeable odour, and which is sometimes so large on the head as actually to form a skull-cap, and so extensive on the face, as to form a mask.—These, I am happy to say, are extreme cases.—Of course the child's beauty is for a time completely destroyed—and not only his beauty, but his good temper; for as the eruption causes great irritation and itching, he is constantly clawing himself, and crying with annoyance a great part of the day and sometimes of the night also—the eruption preventing him from sleeping. It is not contagious, and after the child has cut the whole of his first set of teeth, it will get well if not improperly interfered with.

*Causes.*—Irritation from teething; stuffing the child with too much meat—thus producing a humour, which nature tries to get rid of by throwing it out on the surface of the body;—hence the folly and the danger of giving

medicines and applying external remedies to drive the eruption in.

*Duration.*—As milk-crust is a tedious affair, and will require a variety of treatment, it will be necessary to consult a Medical man, and although he will be able to afford great relief, the child will not, in all probability, be quite free from the eruption, until he has cut the whole of his first set of teeth—until he is upwards of two years and a half old—when with judicious treatment, it will gradually disappear and eventually leave not a trace behind.

253. *Have you any advice to give me as to my conduct towards my Medical man?*

Give him your entire confidence. Be truthful and be candid with him. Tell him the truth, the whole truth, and nothing but the truth. Have no reservations; as far as you can, give him a plain, unvarnished statement of the symptoms of the disease your child is labouring under. Do not magnify, and do not make too light of any of them. Be prepared to state the exact time the child first showed symptoms of illness. If he has had a shivering-fit—HOWEVER SLIGHT—do not fail to tell your Medical man of it. Note the state of the skin; if there be an eruption—be it ever so trifling—let it be pointed out. Make yourself acquainted with the quantity and the appearance of the urine; taking care to have a little of it saved, in case he may wish to see and examine it. Take notice of the state of the motions, their number during the twenty-four hours, their colour, and their consistence; keeping one for the Doctor's inspection. Never leave any of these questions to be answered by a servant: a mother is the proper person to give the necessary and truthful answers; which answers frequently decide the fate of the child.

Bear in mind, then, a mother's untiring care, and love, attention and truthfulness, frequently decide whether, in a serious illness, the child shall live or die!—Fearful responsibility!

Obey a Medical man's orders strictly—in diet, in medicine, in everything. Never throw obstacles in his way. Never omit any of his suggestions; for, depend upon it,—that if he be a judicious man, directions—however slight—ought never to be neglected. A Doctor has arduous duties to perform; therefore, smooth his path as much as you can; and you will be amply repaid by the increased good that he will be able to do to your child.

If the case be severe, requiring a second opinion, never, of your own accord, call in a Physician, without first consulting and advising with your own Medical man. IT WOULD BE AN ACT OF GREAT DISCOURTESY TO DO SO. Inattention to the foregoing advice has frequently caused injury to the patient, and heart-burnings and ill-will among Doctors.

Always speak with respect and kindness of your Medical man before your child, so that he may look upon him as a friend—as one who will strive, with God's blessing, to relieve his pain and his suffering. Remember the power of doing good he will have, if the child be induced to like—instead of dislike—his Doctor. Not only be careful to speak respectfully and kindly of the Medical man yourself before your children, but see that your domestics do so likewise; and take care, that they are never allowed to frighten your children—as many silly servants do—by saying that they will send for the Doctor, who will give them nasty medicine, or perform some cruel operation upon them.

Whenever it is practicable, send for your Doctor early in the morning, as he will then make his arrangements accordingly, and can, by daylight, better ascertain the nature of the complaint—more especially if it be a skin-disease.—It is utterly impossible for him to form a correct diagnosis of the nature of an eruption by gas or by candle-light.—Of course, if the illness comes on at night, particularly if it be ushered in with severe shivering, or with any other urgent symptoms,—no time

must be lost in sending for him, whether it be night or whether it be day.—“One word more: you should call your Doctor early. It saves time; it saves suffering; it saves trouble; it saves life. If you saw a fire beginning in your house, you would put it out as fast as you could. You might perhaps be able to blow out with your breath what in an hour the fire-engine could make nothing of. So is it with disease and the Doctor. A disease in the morning when beginning, is like the fire beginning; a dose of medicine, some simple thing, may put it out, when if left alone, by night, it may be raging hopelessly, like the fire, if left alone, and leaving your body dead and in ruins in a few hours. So, call in your Doctor soon; it saves him much trouble, and may save you your life.”\*

#### WARM-BATHS.

254. *Have the goodness to mention the complaints of a child for which warm-baths are useful?*

1. Convulsions; 2. Pains in the bowels, known by the child drawing up his legs, screaming violently, &c. 3. Restlessness from teething; 4. Flatulence. The warm-bath acts as a fomentation to the stomach and the bowels, and gives ease, where the usual remedies do not rapidly relieve.

255. *Will you mention the precautions, and the rules to be observed, in putting a child into a warm-bath.*

Carefully ascertain, before he be immersed in the bath,—that the water is neither too hot nor too cold. Carelessness, or over-anxiety, to put him in the water as soon as possible, has frequently caused great pain and intense suffering to him, from his being immersed in the bath, when the heat was too great. Ninety-eight degrees of Fahrenheit is the proper temperature of a warm-bath. If it be necessary to add fresh warm water,—let him be

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\* *Good Words*, January, 1861.

either removed the while, or let it not be put in too hot; for, if boiling water be added to increase the heat of the bath, it naturally ascends, and may scald him. Again,—let the fresh water be put in at as great a distance from him as possible. The usual time for him to remain in a bath, is—a quarter of an hour or twenty minutes. Let the chest and the bowels be rubbed with the hand while he is in the bath. Let him be immersed in the bath as high up as the neck,—taking care that he be supported under the arm-pits, and that his head be also rested. As soon as he comes out of the bath,—he should be carefully, but quickly, rubbed dry; and, if it be necessary to keep up the action on the skin,—he should be put to bed, placed between the blankets; or, if the desired relief has been obtained, between the sheets, which should have been previously warmed; where, most likely, he will fall into a sweet sleep.

#### WARM EXTERNAL APPLICATIONS.

256. *In case of a child suffering pain in the stomach, or in the bowels, can you tell me of the best way of applying heat to them?*

In pains of the stomach and of the bowels, there is nothing like the external application of heat to assuage the pain.—The following are three different methods of applying the heat:—1. A bag of hot salt,—that is to say, powdered table-salt, put into the oven and made hot, and placed in a flannel bag, and then applied to the stomach or the bowels (as the case may be), is an excellent remedy for pains of the stomach and of the bowels.—2. A hot-water-bag—that is to say, a Vulcanized India-rubber bag, or pillow, (made on purpose to hold *hot water*\*) half filled with hot water—applied to the stomach

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\* Every house, where there are children, should have one of these Vulcanised India-rubber Bags or Pillows.—It may be procured at any respectable Vulcanised India-rubber Warehouse.

or to the bowels, will afford great relief.—3. Another and an excellent remedy for a pain in the stomach or the bowels, is, a hot bran-poultice. The way to make it is as follows:—Put a pint or a quart of water (according to the age of the child, and the consequent size of the poultice), into a saucepan, put it on the fire to boil; when it boils, take it off the fire, and stir, by degrees, bran into it, until it is of the consistence of a nice soft poultice, then put it into a flannel bag, and apply it to the part affected.—When cool, renew it again, and again, if necessary.—One or other of the above applications will oftentimes afford immense relief in ALL pains of the stomach and of the bowels.—There is one great advantage in the *external* application of heat—it can never do harm: if there be inflammation—it will do good; if there be cramps or spasms of the stomach—it will be very serviceable; if there be colic—it will be one of the best remedies that can be used.

#### ACCIDENTS.

257. *Supposing a child to cut his finger,—what is the best application?*

There is nothing better than tying it up with rag in its blood: as nothing is more healing than blood. Do not wash the blood away,—but apply the rag at once, taking care that no foreign substance be left in the wound. If there be glass or dirt in it, it will, of course, be necessary to bathe it in warm water, to get rid of it, before the rag is applied. Some mothers apply salt, or Fryar's-Balsam, or turpentine, to fresh wounds;—these plans are cruel and unnecessary, and frequently make them difficult to heal. If it bleed immoderately, “make a paste of cold vinegar and flour, and apply it to the wound.” Of course, if it be a severe wound, surgical aid will be required.

258. *If a child receive a blow, causing a bruise, what had better be done?*

Immediately smear *fresh* butter on the part affected, and renew it, *frequently*, for two or three hours: *this* is an old-fashioned, but a very good remedy. Olive-oil may be used if *fresh* butter be not at hand; or,—soak a piece of brown-paper in one-third of French brandy and two-thirds of water, and immediately apply it to the part; when dry, renew it.—Either of these simple plans will generally prevent swelling or disfiguration. The brown-paper soaked in brandy-and-water would not be proper if it be the parts immediately about the eye that are bruised, as it would cause too much smarting; then, the FREQUENT smearing of the bruise with fresh butter will be the best application.

The white-lily leaf, soaked in brandy, is another excellent remedy for the bruises of a child.—Gather the white-lily blossoms—when in full bloom—and put them in a wide-mouthed bottle of brandy: cork the bottle, and it will then always be ready for use. Apply a leaf to the part affected, and bind it on with a bandage.

The white-lily root—sliced—is another valuable external application for bruises.

259. *If a child fall upon his head and is stunned,—what must be done?*

If he fall upon his head and is stunned, he will look deadly pale—very much as if he had fainted. In a few minutes, he will, in all probability, regain his consciousness. Sickness frequently supervenes, which makes the case more serious, it being a proof that injury, more or less severe, has been done to the brain; therefore, send instantly for a Medical man.

In the mean time,—loosen his collar and neckerchief, lay him flat on the back, sprinkle cold water upon his face, open the windows, so as to admit plenty of fresh air, and do not let people crowd round him, nor shout at him to make him speak.

While he is in an unconscious state, DO NOT, ON ANY ACCOUNT WHATEVER, ALLOW A DROP OF BLOOD TO BE TAKEN FROM HIM, EITHER BY LEECHES OR BY



BLEEDING,—if you do, he will, probably, never rally; but will, most likely, sleep the sleep of death!

260. *Sometimes a nurse drops an infant and injures his back: what should be done?*

Instantly send for a Medical man: omitting to have proper advice in such a case has frequently made a child a cripple for life.

261. *Have you any remarks to make, and directions to give, on accidental poisoning by lotions, liniments, &c.?*

It is a culpable practice of a mother, or a nurse, to leave *external* applications within the reach of a child. It is also highly improper to put on the same tray, or on the same mantel-piece, a mixture and an external application (such as a lotion or a liniment). Many liniments contain large quantities of opium,—a teaspoonful of which would be likely to cause the death of a child. “Hartshorn-and-oil,” too, has frequently been swallowed by children, and, in several instances, has caused death. Many lotions contain sugar-of-lead, which also is poisonous.—Fortunately, there is not generally sufficient lead in the lotion to cause death; but if there be not enough to cause death, there may be more than enough to make the child very poorly. **ALL THESE ACCIDENTS OCCUR FROM DISGRACEFUL CARELESSNESS.**

If your child has swallowed a portion of liniment containing opium,—instantly send for a Medical man. In the mean time,—force a strong mustard emetic (composed of two teaspoonfuls of flour-of-mustard, mixed in half a teacupful of warm water) down his throat. Encourage the vomiting, by afterwards forcing him to swallow warm water. Tickle the throat with your finger, or with a feather. Souse him in a hot bath and then in a cold one alternately. Dash cold water on his head and on his face. Throw open the windows. Walk him about in the open air. Rouse him by slapping him, by pinching him, and by shouting to him; indeed, rouse him by every means in your power, for if you

allow him to go to sleep, it will, in all probability, be the sleep that knows no waking!

If a child has swallowed "hartshorn-and-oil,"—force him to drink vinegar and water, lemon-juice and water, barley-water, and thin gruel.

If he has swallowed a lead-lotion,—give him a mustard-emetic, and then vinegar and water, sweetened with honey or sugar, to drink.

262. *Are not lucifer matches poisonous?*

Certainly—they are very poisonous; therefore, it is desirable that they should be put out of the reach of children.

A mother should be very strict with servants on this head. Moreover, lucifer-matches are not only poisonous but dangerous, as a child may set himself on fire with them.—A case, bearing on the subject, has just come under my own observation.—A little boy, three years old, was left alone for two or three minutes, during which time he obtained possession of a lucifer-match, and struck a light by striking the match against the wall. Instantly there was a blaze. Fortunately for him, in his fright he threw the match on the floor. His mother entered the room at this moment. If his clothes had taken fire, which they might have done, if he had not been frightened, or if his mother had not been at hand, he might have been burnt to death.

263. *If a child's clothes take fire,—what should be done to extinguish it?*

Lay him on the floor,\* then roll him in the rug, in

\* It is a law of flame to rise in the air; consequently, whatever we would preserve from destruction should be kept from the upward direction of the flame. . . . Take a match with the brimstone broken off, or a piece of paper folded as a match or spill; light the end, and lay it on a tray or the hearth, and the flame will make little progress; it will often fade away. But light it again, and hold it perpendicularly, and immediate destruction ensues. Hence a person whose clothes catch fire should instantly lie down, so that there may be instant safety, or time to call for help.—Mr. JOHN SMITH'S *Lectures on Education*.

the carpet, or in the door-mat, or in any thick article of dress you may either have on, or have at hand—if it be woollen, so much the better; or,—throw him down, and roll him over and over on the floor, as, by excluding the atmospheric air, the flame will go out:—hence, the importance of a mother cultivating presence of mind. If parents were prepared for such emergencies, such horrid disfigurements and frightful deaths would be less frequent.

The editor of the *British Medical Journal*, in alluding to the late melancholy accidents, by ladies' dresses taking fire, remarks as follows:—"The only thing that can be done, is to convince the fair sex that they may ensure almost perfect safety, if, in case of their clothes taking fire, they would immediately throw themselves on the ground and roll. The simple idea, once thoroughly fixed in their minds, would, in the event of such a frightful accident happening to them, go far to render innocuous the effects of the flame."\*

A case has just occurred at the Birmingham Theatre, proving the value of the above recommendation:—"Last evening, a casualty which might, but for the display of remarkable and highly commendable presence of mind, and coolness on all hands, have been productive of the most serious consequences, took place at the theatre. In the ballet scene in the opening of the pantomime, where a number of young *coryphées* appear, one of the number, Miss Munro, went too close to the footlights, and her dress, which was made of a very thin material, instantly ignited. Immediately she perceived the flame, the poor girl screamed and rushed to the side wings, where assistance was promptly rendered to her by the stage carpenter, by whom she was thrown upon the ground and rolled over once or twice, which had the effect of extinguishing the flames in a few seconds."†

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\* *British Medical Journal*, Dec. 11, 1858.

† *The Birmingham Daily Post*, January 11, 1859.

You should have a proper fire-guard before the nursery grate; and must be strict in not allowing your child to play with fire. If he still persists in playing with it, when he has been repeatedly cautioned not to do so, he should be punished for his temerity. If anything would justify chastisement, it would surely be such an act of disobedience.

It would be well, for the children of the poor, to have pinafores made of woollen, or of stuff materials. The dreadful deaths from burning, which so often occur in winter, too frequently arise from *cotton* pinafores first taking fire.\*

264. *Is a burn more dangerous than a scald?*

A burn is generally more serious than a scald. Burns and scalds are more dangerous on the body, especially on the chest, than on the face and the extremities. Of course the younger the child, the greater the danger.

Scalds of the mouth and the throat, from a child drinking boiling water from the spout of a tea-kettle, are most dangerous.

265. *What are the best immediate applications to a scald or to a burn?*

There is nothing more efficacious than flour.—It must be thickly applied over the part affected, and should be kept in its place with a rag and a bandage, or with strips of old linen. If this be done, almost instantaneous relief will be experienced, and the burn or the scald, if superficial, will soon be well. The advantage of flour as a remedy is this,—that it is always at hand. I have seen some extensive burns and scalds cured by the above simple plan. Another excellent remedy, is—cotton-wool. The burn or the scald should be enveloped in it; layer after layer should be applied, until it is several inches thick. The cotton-wool must not be removed for several days.† These two reme-

\* "It has been computed that upwards of 1000 children are annually burned to death by accident in England."

† The cotton-wool, here recommended, is that purposely made for surgeons, and is of a superior quality to that in general use.

dies—flour and cotton-wool—may be used in conjunction. That is to say,—the flour may be thickly applied to the scald or to the burn, and the cotton-wool over all.

Another most valuable remedy for burns, is, “carron-oil”—which is made—by mixing equal parts of linseed-oil and lime-water together. Dr. John Ashurst, late Senior Resident Surgeon to the Pennsylvania Hospital, and who has had great experience in the treatment of burns, speaks most highly of “carron-oil.” He says that—“It is the best dressing with which he is acquainted, and that it forms a bland, soothing, not easily evaporating coating to the sores, while the lime-water is unirritating, and yet furnishes just enough stimulation to save what can be saved, and hasten the removal of parts already dead.

“The best method of applying the oil, is, to soak pieces, not more than eight inches square, of patent lint, Canton flannel, or even old linen, or cotton goods, in the mixture, and having laid the dressing thus prepared on the parts to be covered, to apply accurately over the whole oiled silk: this prevents evaporation, and, at the same time, secures much greater cleanliness than can be obtained in any other way.

“The dressings should be retained in place by means of roller bandages, which are more satisfactory in every respect than sticking-plaister.

“And it is most important that the sores should be dressed *as seldom as possible*. Now this is not lazy surgery, but the contrary is meddling practice. I have known men calling themselves surgeons dress their unfortunate patients three times in one day, and claim credit for their zeal. This is all wrong; the first dressing should not be disturbed till absolutely saturated with the discharges; after this the harm of exposure entailed by a dressing will be less than that caused by the presence of so offensive a mass as the old dressing has become.

“I have generally found it necessary thus to renew the dressing after two days, and thenceforward every

other day it will be usually proper to dress the patients entirely anew.”\*

Treacle is another ready and valuable application for burns and scalds, introduced into practice by Mr. Joseph Leach.

Cold applications, such as—cold water, cold vinegar and water, and cold lotions, are most injurious, and, in many cases, even dangerous.

Scraped potatoes, sliced cucumber, salt, and spirits-of-turpentine, have all been recommended: but, in my practice, nothing has been so efficacious as the remedies above enumerated,

Do not wash the wound, and do not dress it more frequently than every *other* day. If there be much discharge, let it be gently sopped up with soft old linen rag; but do not, *on any* account, let the burn be rubbed or roughly handled. I am convinced that in the majority of cases, wounds are too frequently dressed, and that the washing of wounds prevents the healing of them.—“It is a great mistake,” said Ambrose Parè, “to dress ulcers too often, and to wipe their surfaces clean, for thereby we not only remove the useless excrement, which is the mud or sanies of ulcers, but also the matter which forms the flesh. Consequently, for these reasons, ulcers should not be dressed too often.”

After the first two days, the burn or the scald may, if severe, require different dressings; but, of course, if it be severe, the child should immediately be placed under the care of a Medical man.

If the scald be on the leg or on the foot, a common practice is,—to take the shoe and the stocking off: in this operation, the skin is also frequently removed at the same time.—Now the shoe and the stocking must be slit up, and thus taken off: so that no unnecessary pain, nor mischief, may be caused.

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\* From a valuable paper on *Burns* in the *American Journal of the Medical Sciences*, July, 1862, by Dr. John Ashurst.

266. "*What is to be done in the case of Choking ?*"

INSTANTLY put your finger in the throat, and feel if the substance be within reach ; if it be food, force it down, and thus liberate the breathing ; should it be a hard substance, endeavour to hook it out ; if you cannot reach it, give a good smart blow or two with the flat of the hand on the back ; or, as recommended by a contributor to the *Lancet*, on the chest, taking care to "seize the little patient, and place him between your knees side-ways, and in this or some other manner to compress the abdomen [the belly], otherwise the power of the blow will be lost by the yielding of the abdominal parietes, and the respiratory effort will not be produced." If that does not have the desired effect,—tickle the fauces with your finger, so as to ensure immediate vomiting, and the consequent ejection of the offending substance.\*

267. *In a case of drowning, what is to be done ?*

Dr. Marshall Hall has paid great attention to the subject of drowning ; indeed, in such cases, he may be looked upon as the authority. His views are so philosophical and just, his language so graphic and clear, and his plans may be so readily carried out by any intelligent passer-by at the time of the accident, that I make no apology for giving his rules in his own words. He justly styles his plan *The Ready Method in Asphyxia*.—"Rules. Treat the patient *instantly, on the spot, in the open air*, freely exposing the face, neck, and chest to the breeze, except in severe weather. Send with all speed for medical aid, and for articles of clothing, blankets, &c. Place the patient gently on the face, with one wrist under the forehead. Turn the patient slightly on his side, and apply snuff or other irritants to the nostrils, and dash cold water on the face previously rubbed briskly until it is warm. If there be no success, lose no time : but *imitate respiration*. Replace the patient on his face ; turn the body gently, but completely, *on the side and a little beyond*, and then

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\* See the *Lancet*, for October 10th, 17th, and 24th, 1840.

on the face, alternately; repeating these measures deliberately, efficiently, and perseveringly, fifteen times in the minute, only; when the prone [that is on the face] position is resumed, make equable but sufficient *pressure along* the spine; removing it immediately before rotation on the side. To induce circulation and warmth, continuing the measures, rub the limbs *upwards, with firm pressure* and with *energy*, using handkerchiefs, &c. Replace the patient's wet clothing by such other covering as can be instantly procured, each bystander supplying a coat or a waistcoat. Meantime, and from time to time, let the surface of the body be *slapped* briskly with the hand; or, let cold water be *dashed* briskly on the surface, previously rubbed dry and warm. The measures formerly recommended and now rejected by me are,—removal of the patient, as involving dangerous loss of time; the bellows, or any *forcing* instrument, and the warm-bath, as positively injurious; and galvanism and the inhalation of oxygen, as useless".\*

268. *What is the best application in case of a sting from a bee or from a wasp?*

Extract the sting, if it has been left behind, by means of a pair of dressing forceps; or, by the pressure of the hollow of a small key; then, a little blue (which is used in washing) moistened with water, should be immediately applied to the part; or, apply a few drops of solution of potash,† and renew it from time to time: if either of these be not at hand,—honey, or treacle, or fresh butter, will answer the purpose. Should there be much swelling or inflammation,—apply a hot white-bread poultice, and renew it frequently. In eating apricots, or peaches, or other fruit, they should be carefully examined before-hand; in order to ascertain that no wasp is lurking in them; otherwise, it may sting the throat, and serious consequences may ensue.

\* Abridged from the *Lancet*, October 25th, 1856.

† Which may be instantly procured of a druggist, as he always keeps it ready prepared.



269. *If a child receive a fall, causing the skin to be grazed, can you tell me of a good application?*

Gummed paper you will find an excellent remedy: the way of preparing it, is as follows:—Apply evenly, by means of a small brush, thick mucilage of gum-arabic to cap-paper; hang it up to dry, and keep it ready for use. When wanted, cut a portion as large as may be requisite, then moisten it with your tongue, in the same way you would a postage-stamp, and apply it to the grazed part. It may be removed when necessary by simply wetting it with water. In two or three days the part will be well. If the gummed paper be not at hand, then frequently smear the part affected with fresh butter.

270. *In case of a child swallowing laudanum, paregoric, Godfrey's Cordial, or any other preparation of opium, by mistake, what should be instantly done?*

Give, as quickly as possible, a strong mustard emetic—that is to say, mix two teaspoonfuls of flour-of-mustard in half-a-teacupful of water, and force it down the throat; and, in a few minutes, if necessary, repeat the dose. If free vomiting be not induced,—tickle the upper part of the throat with a feather; drench the little patient's stomach with large quantities of warm water; smack the buttocks and the back; walk him, or carry him about, in the fresh air; shake him by the shoulders; pull his hair; tickle his nostrils; shout and holla in his ears; plunge him into a warm-bath and then into a cold-bath alternately; dash cold water on his head, face, and neck; and do not, on any account, allow him to go to sleep until the effects of the opiate are gone off, or he will never wake again! While doing all these things, lose no time in sending for a Medical man.

271. *Have you any observations to make on parents allowing the Belladonna—the Atropa Belladonna—to grow in their gardens?*

I wish to caution you NOT on any account to allow the Belladonna—the Deadly Nightshade—to grow in your garden. The whole plant—root, leaves, and berries—is

poisonous; and the berries, being attractive to the eye, are very alluring to children.—“On Saturday afternoon six little boys, of ages varying from 2 to 5 years, the children of poor parents, and living in Wolverhampton, went for a walk along a road which is skirted on either side by the front gardens of gentlemen’s houses. Through an open gate into one of these gardens they entered. Looking around, their eyes were caught by the ripening and attractive berries of the *atropa belladonna*, or deadly nightshade. The leader of the little party at once began to pick and eat, four of the others following his example, and by the time the children quitted the garden they had not only glutted their appetites with the poisonous repast, but had each secured a plentiful supply in their pinafores. Two of the little urchins were brothers, named respectively William and Joseph Hobbins, the first 5 and the second 3 years old. These, on returning home in about an hour after the occurrence, sat down by the fire. Soon the usual symptoms made their appearance. The children were first seized by an unusual desire for sleep; this was followed by hysterical agitation. Doctors were called in, remedies were administered, and in the case of the elder boy these proved successful; the younger, however, either because of the quantity he had eaten or because of his tender years, gradually sank into a stupor which on Sunday morning ended in death. In the cases of the other three similar symptoms were observed, but it is hoped that these will recover. The sixth little boy did not touch the berries.”\*

272. *What is the treatment of poisoning by Belladonna?*

Instantly send for a Medical man; but in the mean time give an emetic—a mustard emetic,—mix two tea-spoonfuls of flour-of-mustard in half a tea-cupful of warm water, and pour it down the child’s throat; then drench him with warm water, and tickle the throat with a feather, or with the finger, to make him sick: as the grand remedy,

\* *The Times*, October 7, 1863.

in such a case, is, that he bring up the offending cause.—If the emetic has not acted sufficiently, the Medical man when he arrives may deem it necessary to use the stomach-pump:—but remember not a moment must be lost—for moments are precious in a case of belladonna poisoning—in giving a mustard emetic, and repeating it again and again until the enemy is dislodged.—Dash cold water upon the head and face: the best way of doing which is by means of a large sponge, holding the head and face over a wash-hand basin—half filled with cold water—and filling the sponge from the basin, and squeezing it over the head and face, allowing the water to stream over them—continuously for two or three hours, or until the effects of the poison have passed away.—This sponging of the head and face is very useful in poisoning by opium, as well as in poisoning by belladonna; indeed, the treatment of poisoning by the one is very similar to the treatment of poisoning by the other. I, therefore, for the further treatment of poisoning by belladonna, beg to refer you to a previous conversation on the treatment of poisoning by opium.

273. *Should a child put a pea, or a bead, or any other foreign substance up the nose, what should be done?*

Do not attempt to extract it yourself, or you may push it further in; but send instantly for a Medical man, who will readily remove it by the forceps, or by means of a bent probe, or with a director. If it be a pea, and it is allowed to remain in for any length of time, it will swell, and will thus become difficult to extract, and may produce great irritation and inflammation. A child should not be allowed to play with peas or beads (unless the beads are on a string), as he is apt to push them up the nose for amusement.

274. *If a child has put a pea, a bean, a bead, a cherry-stone, or any other smooth substance into his ear,—what must be done to remove it?*

Turn the head on one side, in order to let the ear, with the pea, or the bead, in it, be undermost; then give, with

the flat of your hand, two or three sharp, sudden slaps or boxes on the other or *uppermost* ear; and, most likely, the offending substance will drop out. Poking at the ear, will, in the majority of cases, only send the substance further in, and make it more difficult (if the above simple plan does not succeed) for the Medical man to remove. The Doctor will, in all probability, syringe the ear; therefore, have a supply of warm water in readiness for him, in order that no time may be lost. Mr. Cooper Forster, in his *Surgical Diseases of Children*, speaking of the removal of foreign substances from the ear, says:—"The *Treatment* is of the simplest kind: we trust to hydrostatic-pressure to accomplish an object which the fingers and instruments of the surgeon are ill-fitted to attain. The more the meatus [ear] is pulled about by instruments, the less likely is the removal of the foreign body to be effected. Syringing with warm water is therefore the practice to be adopted. When the body has been thus dislodged, the end of a curette may be sometimes useful to remove it from the orifice; but, even then, any attempts which give pain to the patient should be at once discontinued. Repeated syringing may be required, as no force should be used, even if unsuccessful in the first or second attempts at extraction. If the foreign body cannot be removed by syringing, which, unless there has been previous injudicious interference, is seldom the case, it should be left to ulcerate its way out."

275. *If a child swallow a piece of broken glass,—what should be done?*

Avoid purgatives; as the free action on the bowels would be likely to force the spiculæ of glass into the mucous membrane of the bowels, and thus wound them, and cause ulceration, and, perhaps, death.—"The object of treatment will be to allow them to pass through the intestines well enveloped by the other contents of the tube; and for this purpose a solid farinaceous diet should be ordered, and purgatives scrupulously avoided."\*

\* *Shaw's Medical Remembrancer*, by Hutchinson.

276. *If a child swallow a coin of any kind,—is danger likely to ensue? and what should be done?*

As a general rule, there is no danger. A dose or two of castor-oil will be all that is usually necessary. The evacuations should be carefully examined until the coin be discovered.

277. *If a child, while playing with a small coin (such as a three-penny or a four-penny-piece) or any other substance, should toss it into his mouth, and inadvertently allow it to enter the windpipe, what must be done?*

Take hold of him by the legs, allowing his head to hang downwards, then give him several sharp blows on the back with the palm of the hand, and you may have the good fortune to see it coughed out of his mouth. Of course, if this plan does not succeed, send instantly for a Medical man.

Mr. C. Sturges Jones, of Chichester, gives an interesting account of the removal of a coin from the trachea (windpipe). He says:—"Mr. J. P. Cole, a professor of music, of Arundel, having by chance, on Monday, the 11th instant, a fourpenny-piece in his mouth, it was suddenly drawn into the trachea. Not being able to remove it by violent coughing, he applied to a neighbouring surgeon, who administered an emetic and other remedies, but to no effect. His professional engagements bringing him the following day to Chichester, and being unable, from pain and natural anxiety, to attend to his duties, he called and consulted me on the subject. As there were no urgent symptoms whatever, I at first doubted his tale, but, on auscultation, I could easily detect the coin lying at the bottom of the trachea, just over the bronchial tubes, there being a perceptible râle, as from the presence of a foreign body, in that locality. Bearing in mind the case of Mr. Brunel, I advised a similar mode of treatment—not, however, proceeding to open the trachea, as I did not consider the symptoms sufficiently urgent to require it; but I simply placed a cushion on the floor, and placing Mr. Cole on

his head, I, with the aid of my assistant, suspended him by his legs, at the same time violently striking him several times on the back, between the shoulders, with the palm of my hand. In the course of two or three minutes, during a slight fit of coughing, the coin was dislodged, and fortunately expelled from its perilous position."\*

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\* *The Lancet*, October 30, 1858.

## PART III.

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### BOYHOOD AND GIRLHOOD.

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#### ABLUTION, &c.

278. *Have you any remarks to make on the ablution of boys and girls?*

Thorough ablution of the body, every morning, at least, is essential to health. I maintain,—that no person can be in the enjoyment of perfect health, who does not keep his skin—the whole of his skin—clean. In the absence of cleanliness, a pellicle forms on the skin which engenders disease. Moreover, persons who do not keep their skins clean are more susceptible of contracting contagious disease—such as, small-pox, typhus-fever, cholera, diphtheria, scarlet-fever, &c.

Now, as to the manner of performing ablution,—Mr. Erasmus Wilson, in his valuable and useful work on *Healthy Skin*, has given such a graphic description of the process, that I cannot do better than copy it. He says:—"And now, dear reader, having determined to wash your face, how will you set about it? There are many wrong ways of effecting so simple a purpose; there is but one right way; I will tell it you. Fill your basin about two-thirds full with fresh water; dip your face in the water, and then your hands. Soap the hands well, and pass the soaped hands with gentle friction over the whole face. Having performed this part of the

operation thoroughly, dip the face in the water a second time, and rinse it completely; you may add very much to the luxury of the latter part of the process by having a second basin ready with fresh water to perform a final rinsing. And now you will say, What are the wrong ways of washing the face? Why, the wrong ways are, using the towel, the sponge, or flannel, as the means of conveying and applying the soap to the face, and omitting the rinsing at the conclusion. If you reflect, you will see at once, that the hands are the softest, the smoothest, and the most perfect means of carrying the soap, and employing that amount of friction to the surface with the soap, which is necessary to remove the old and dirty scarf, and bring out the new and clean one from below. Moreover, the hand is a sentient rubber, a rubber endowed with mind: it knows when and where to rub hard, where softly, where to bend here and there, into the little hollows and crevices where dust is apt to congregate; or where to find little ugly clusters of black-nosed grubs, the which are rubbed out and off, and dissolved by soap and friction. In a word, the hand enables you to combine efficient friction of the skin with complete ablution, whereas, in every other way, ablution must be imperfect. Then, as regards drying the face; a moderately soft and thick towel should be used; a very rough towel is not desirable, nor one of thin texture. This is a point which may be safely left to your own taste and feelings. The question of friction during the drying is of more consequence, and this is a reason why the towel should be moderately soft, that you may employ friction and regulate the amount. With a very rough towel it is impossible to use friction, for its tenderest pressure may be enough to excoriate the skin; and a very soft towel is equally open to objection, from its inadequacy to fulfil the obligation of friction during the process of drying. In washing the face you have three objects to fulfil; to remove the dirt, to give freshness, and to give tone and vigour to the skin."



Mr. Erasmus Wilson gives admirable directions on the ablution of the remainder of the body. He observes : —“The simplest method of applying water to the skin, and that by which the smallest extent of surface is exposed, conditions of much importance to the weakly and delicate, is by means of the *wetted sponge*. In this mode, the water may have any temperature that is agreeable to the sensations ; a part only of the body is exposed at a time, and as soon as that part has been *briskly* sponged, and as *briskly* wiped dry, it may be again covered by the dress. The whole body may in this way be speedily subjected to the influence of water, and to the no less useful friction which succeeds it in the operation of drying. An invalid rising from a bed of sickness would adopt this remedy by degrees, beginning first with the arms, then proceeding to the chest, and then, gradually, to the whole body. He would use warm water in the first instance, but if the season were summer, would be speedily able to proceed to cold. A person of weakly habit beginning a system of daily ablution for the first time, should commence in the spring or summer ; and by the winter his powers of endurance will have become so well trained, that he will bear cold water without inconvenience. It must be admitted that the plan here laid down is very simple ; it requires no apparatus, a sponge and a basin being the sole furniture for its use ; but it is no less a valuable appliance to health. The cold chill of the sponge, which was at first disagreeable, becomes pleasant, the quick friction which ensues is agreeable, and while it stimulates the skin, gives action to the whole muscular system ; and the warm glow, the thrill of health which follows, is positively delicious. I must, however, call attention more strongly to the “ glow of warmth ” over the surface, as it is the test by which the benefit of the remedy is to be estimated, in this and in all other forms of ablution and bathing. I can hardly conceive a case in which the application of water by this method, could leave a chill behind it ; but, if such an occurrence take place, the

individual has need of medical aid, and that should be promptly supplied.\* I may mention that it was the present form of ablution which was used by Sir Astley Cooper, and to which he attributed much of his unusually robust and excellent health."

279. *Are you an advocate for cold bathing?*

If the weather be warm, the water cannot be considered cold, but tepid: such bathing is beneficial, provided moderation be observed. Many boys bathe every morning in the summer, regardless of the frequent changes of temperature; and remain in the water for half an hour, or even more, each time. Now, this practice is dangerous. They should never use cold bathing oftener than every other day, and not so often, unless the weather be favourable. Nor should they remain in the water longer than ten minutes at a time; if they do, instead of being strengthened, they will be weakened by it. Cold bathing does not always agree. Sometimes this arises from persons being quite cold before they plunge into the water. Many people have an idea, that they should go into the water while their bodies are in a chilled state. Now, this is a mistaken notion, and likely to produce dangerous consequences. The skin should be comfortably warm, but not hot; and then the individual will receive every advantage that cold bathing can produce. If he go into the bath whilst the body is cold, the blood becomes chilled, and is driven to internal parts, and thus frequently produces mischief.

A youth, after using cold bathing, should, if it *agree* with him,—experience a pleasing glow over the whole surface of the body, his spirits and appetite should be increased, and he should feel stronger; but if it *disagree* with him,—a chilliness and a coldness, a lassitude, and a depression of spirits, will be the result; the face will be pale and the features pinched, and, in some instances, the

\* "Paulus Ægineta very judiciously recommends, that if a chill follow the use of the bath, some warm restorative cordial should be taken."

lips and the nails will become blue :—these are signs that cold bathing is injurious, and, therefore, that it should on no account be persevered in ; unless these symptoms have hitherto proceeded from his going into the bath whilst he was quite cold. He may warm himself by walking briskly for a few minutes, previously to entering the bath.

Where *cold* sea-water bathing does not agree, *warm* sea-bathing may be substituted.

280. *Which do you prefer—sea-bathing or fresh-water bathing ?*

Sea-bathing.—Sea-bathing is incomparably superior to fresh-water bathing.

281. *Have you any directions to give as to the time and the seasons, and the best mode of sea-bathing ?*

Summer and autumn are the seasons for cold sea-bathing—July and August being the best months in the year. It would be well, before taking a dip in the sea, to have a warm salt-water bath on the previous day, to prepare the skin for the cold sea-bathing. The best time to bathe in the sea, is—between ten and twelve o'clock in the morning. The patient, as soon as he enters the water, should *instantly* wet his head : this may be done either by his jumping at once from the machine into the water, or, if he has not the courage to do so, *instantly* to dip the head *completely* under the water. He should remain in the water about ten minutes, but never longer than a quarter of an hour ;—taking four or five, or, if he be very delicate, three dips during that time.

Many bathers do themselves great injury by remaining a long time in the water. If sea-bathing is found to be invigorating—and how often to the delicate it has proved to be truly magical—a patient may bathe once every day ; but on no account oftener. If he be delicate, he had better, at first, bathe only every other day, or even only twice a week.

The bather, after leaving the machine, should take a brisk walk for half an hour ; in order to promote a reaction, and thus to cause a free circulation of the blood.

282. *Do you think a tepid-bath\* may be more safely used?*

A tepid-bath may be taken at almost any time; and, a bather may remain longer in one, with safety, than in a cold-bath.

283. *Do you approve of warm-bathing?*

A warm-bath† may be used with advantage; occasionally—say, once a week. A warm-bath cleanses the skin more effectually than either a cold, or a tepid-bath; but, as it is more relaxing, ought not to be employed so often as either of them. A person should not continue in a warm-bath longer than ten minutes. As a general rule, once a week is quite often enough for a warm-bath; and, it would be an excellent plan, if boys and girls and adults would make a practice of having one *regularly* every week: unless any special reason should interfere.

284. *But does not warm-bathing, by relaxing the pores of the skin, cause a person to catch cold; if he expose himself to the air immediately afterwards?*

On this point, there is a great deal of misconception and unnecessary fear. A person, immediately after using a warm-bath, should take proper precautions—that is to say—he must not expose himself to draughts, neither should he wash himself in *cold water*, nor should he drink *cold water immediately* after taking one. But he may follow his usual exercise or employment, provided the weather be fine, and the wind is not in the east or north-east.

Every house, of any pretension, should have a bath-room.—Nothing would be more conducive to health—than regular systematic bathing.—Hot-baths, cold-baths, sitz-baths, and shower-baths—each and all in their turn—are grand requisites to preserve and to procure health.—If the house cannot boast of a bath-room,

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\* A tepid-bath, from 62 to 96 degrees of Fahrenheit.

† A warm-bath, from 97 to 100 degrees of Fahrenheit.

then the Corporation Baths (which nearly every large town possesses), should be liberally patronised.

285. *What is the best application for the hair?*

A sponge and cold water, and two good hair-brushes.—Avoid grease, pomatum, bandaline, and all abominations of that kind.—There is a natural oil of the hair, which is far superior to Rowland's Macassar! The best scent for the hair, is—an occasional dressing of soap and water;—the best beautifier of the hair, is—a down-right thorough good brushing with two good hair-brushes!—Again, I say, AVOID GREASE OF ALL KINDS TO THE HAIR.—“And as for woman's hair, don't plaster it with scented and sour grease, or with any grease; it has an oil of its own. And don't tie up your hair tight, and make it like a cap of iron over your skull. And why are your ears covered? You hear all the worse, and they are not the cleaner. Besides, the ear is beautiful in itself, and plays its own part in the concert of the features.”\*

#### CLOTHING.

286. *Do you approve of a boy wearing flannel next the skin?*

England is so variable a climate, and the changes from heat to cold, and from dryness to moisture of the atmosphere, are so sudden, that some means are required to guard against their effects. Flannel, as it is a bad conductor of heat, prevents the sudden changes from affecting the body; and, thus, is a great preservative against cold,—“No modern improvement in dressing has proved so beneficial to health as the use of a woollen garment next the skin. This simple expedient has saved many lives, and would save many more, if adopted to a greater extent, and better understood. The subject is to the last degree commonplace; but as

\* *Health.* By John Brown, M.D. Edinburgh: Alexander Strahan & Co.

it involves a question of very serious importance, we hope to be allowed to say a word or two regarding it. In our variable climate, although we know nothing of extremes of heat or cold, we are constantly liable to be chilled or overwarmed, both within and without doors; and it is of importance that we should adopt such clothing as will suit either of these conditions, and prevent us from feeling the change. Flannel effects this desirable object. It keeps our persons warm when exposed to cold, and in the case of heat relieves us by becoming an absorbent for moisture, which it throws off insensibly, leaving the skin in a state of comparative comfort. Linen utterly fails in accomplishing these points.”\*

Flannel is as necessary in the summer as in the winter; indeed, we are more likely to sit, or to stand, in draughts in the summer than in the winter; and, thus, we are more liable to become chilled, and to catch cold.—“Flannel is thus equally useful in summer as in winter. Some persons imagine that it should be employed only in the winter and cold spring months, and they, consequently, throw it off on the approach of summer. This is a dangerous fallacy. Flannel should be worn all the year round, never left off for a single day on any account. If thrown off from the idea that the weather is getting warm, the skin becomes immediately exposed to the atmospheric influence; the perspiration, if any, cools on the person; the unprotected pores shrink and close; catarrh, or some other disease, under the general name of a ‘bad cold,’ ensues; and the victim of imprudence perhaps barely escapes with his life. We strongly recommend all persons whatsoever to avoid this great error, as they value their health or their lives.”†

Woollen shirts are now much worn, they are very comfortable and beneficial to health. Moreover, they sim-

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\* Chambers’ *Edinburgh Journal*.

† Ibid.

plify the dress, as they supersede the necessity of wearing both flannel and linen, or calico, shirts.

287. *Flannel sometimes produces great irritation of the skin : what should be done to prevent it ?*

Have a moderately fine flannel, and persevere in its use; in a few days the skin will bear it comfortably. The Angola and wove-silk waistcoats have been recommended as substitutes, but there is nothing equal to Welsh flannel.

288. *If a boy has delicate lungs, do you approve of his wearing a prepared hare-skin over the chest ?*

I do not.—The chest may be kept too warm, as well as too cold.—The hare-skin heats the chest too much, and thereby promotes a violent perspiration; which by his going into the cold air may become suddenly checked, and may thus produce mischief. If the chest be delicate, there is nothing like flannel.

289. *After an attack of Rheumatic Fever what extra clothing do you advise ?*

In the case of a boy, or a girl, just recovering from a severe attack of Rheumatic Fever, flannel next the skin **MUST** always be worn.—In such a case, too, it will be desirable, in order to ward off a second attack, that the patient shall wear, *over* the flannel waistcoat, a wash-leather jacket: of course wearing a shirt, or a chemise—as the case may be—*over* the wash-leather.—It is wonderful what a deal of warmth there is in a wash-leather jacket: one advantage of which is, it will supersede the necessity of the patient being over-burdened with much other clothing.

290. *Have you any remarks to make on boys' waistcoats ?*

Fashion, in this as in most other instances, is, at direct variance, with common sense. It would seem that fashion was intended to make work for the Doctor, and to swell the bills of mortality! It may be asked,—what part of the chest, in particular, should be kept warm? The upper part needs it most. It is in the

*upper* part of the lungs that tubercles (consumption) usually first make their appearance; and is it not preposterous to have such parts, in particular, kept cool? Double-breasted waistcoats cannot be too strongly recommended for delicate youths, and for all men who have weak chests.

291. *Have you any directions to give respecting the shoes and the stockings?*

The shoes for winter should be moderately thick and water-proof. If boys or girls be delicate, they should have double soles to their shoes, with a piece of bladder between each sole; or, the inner sole may be made of cork; either of the above plans will make the soles of boots and shoes completely waterproof. In wet or dirty weather, India-rubber over-shoes are useful, as they keep the *upper* as well the *under* leathers perfectly dry.

The socks, or stockings, for winter, should be either lambs'-wool or worsted: it is absurd to wear *cotton* socks, or stockings, all the year round. I should advise boys to wear socks, not stockings; as they will then be able to dispense with garters. Garters, as I have remarked in a previous conversation, are injurious.

Boys and girls cannot be too particular in keeping their feet warm and dry: as cold wet feet are one of the frequent causes of bronchitis, sore-throats, and consumption.

292. *When should a girl begin to wear stays?*

She should NEVER wear them,

293. *Do not stays strengthen the body?*

No: on the contrary they weaken it. *They weaken the muscles.*—The pressure upon them causes them to waste; so that, in the end, girls cannot do without them, as the stays are then obliged to perform the duty of the wasted muscles. *They weaken the lungs*, by interfering with their functions. Every inspiration is accompanied by a movement of the ribs. If this movement be impeded, the functions of the lungs is impeded like-



wise: and, consequently, disease is likely to follow; and difficulty of breathing, cough, or consumption, may ensue. *They weaken the heart's action*, and, thus, frequently, produce palpitation, and, perhaps, eventually, organic or incurable disease of the heart. *They weaken the digestion*, by pushing down the stomach and the liver, and by compressing the latter; and thus induce indigestion, flatulence, and liver-disease.\* *They weaken the bowels*, by impeding their proper peristaltic (spiral) motion, and thus produce constipation and ruptures. Is it not presumptuous to imagine that man can improve upon GOD's works; and that, if more support had been required, the Almighty would not have given it?—

“God never made his work for man to mend.”†

294. *But would not a girl grow out of shape if she were not to wear stays?*

Certainly not: her form would become more natural, and, thus, more beautiful. Depend upon it, stays, in-

\* Several years ago, while prosecuting my anatomical studies in London University College Dissecting-rooms, on opening a young female, I discovered an immense indentation of the liver, large enough to admit a rolling-pin, entirely produced by tight-lacing!—“The deep channels’ or indentation produced upon the convex surface of the liver *by the destructive process of tight-lacing*, were also frequently observed during my post-mortem examination. This barbarous practice of bisecting ‘the human form divine,’ and thus rendering it almost impossible for the naturalist to decide whether the fair portion of the creation belong to the animal or insect kingdom, not only deranges the functions of the liver, but gives rise to extensive disease of the spine, heart, and lungs. How long must the health, comfort, and beauty of the female, be sacrificed to the caprice of fashion, or to the bad tastes of the male? How long will the model of a Dutch doll be preferred to the exquisite proportions of a Grecian statue?”—Dr. Bedingfield, in *The Lancet*.

† Dryden.

stead of bringing a woman into shape, frequently has a contrary effect, and make her shapeless, distorted, and crooked. Professor Wilson justly observes:—"That nature thwarted must dwindle into decay or distortion." Women are more frequently crooked than men; indeed, there are—and facts bear me out in saying so—more crooked women than straight ones. Dr. Forbes, in the *Cyclopædia of Practical Medicine*, states, that in a boarding-school, containing forty girls, nearly all were more or less crooked. I may here mention, that female savages are celebrated for their fine figures, and that there is scarcely a crooked one to be found.

Let me, then, implore you to be ruled by common sense, rather than by fashion. Let the numberless deformed and crooked women, and the thousands of patients, who have fallen victims\* to the use of stays, be a warning to you, and deter you from allowing your daughters, when girls, to wear them; for, remember, that if stays be worn when your children are young, *they cannot be discontinued afterwards.*

Moreover, if you wish your daughters' figures to be beautiful—do not, on any account, allow them to wear

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\* "The higher mortality of English women by consumption may be ascribed partly to the in-door life which they lead, and partly to the compression, depriving the expansion of the chest, by costume. In both ways they are deprived of free draughts of vital air, and the altered blood deposits tuberculous matter with a fatal and unnatural facility. *Thirty-one thousand and ninety English women* died in one year (the year ending June 30th, 1839) of this incurable malady! Will not this impressive fact induce persons of rank and influence to set their country-women right in the article of dress, and lead them to abandon a practice which disfigures the body, strangles the chest, produces nervous or other disorders, and has an unquestionable tendency to implant an incurable hectic malady in the frame? Girls have no more need of artificial bones and bandages than boys."  
—*Report of Registrar-General of Births, Deaths, and Marriages.*

stays.—“ All the world has agreed to recognise the Medicean Venus as the unity of every perfection in the female form. Casts from this beautiful statue are numerous in this country. Let one of these be placed in the establishment of a *modiste*, and by its side a lay figure, such as is used by artists, having the ribs of that form which tight stays are sure to produce. Let every kind of corset and dress be adjusted to these two figures, from the most outrageous violations of propriety to the nicest results of modern skill; and in spite of every effort to the contrary, the figure according to Nature shall be, in every respect, superior to the figure according to art, even in that particular point a taper waist, to gain which, constricting corsets have needlessly been applied. In a word, there is no style of dress, having for its object the appearance of a slim waist, which is not more easily and with much greater effect adapted to the perfect figure than the other. Could the conviction of this fact be brought home to the understandings of the female part of the creation, the average mortality of the sex would be less than it is at present, and their personal comforts and health much greater. Moreover, they would be finer figures, even according to their own notions of beauty of form; and this, we fear, is, and always will be, the greatest consideration after all.”\*

If the abominable custom of wearing stays has, unfortunately, become a habit, then the only thing to be done, is, gradually to leave out the steel and the whalebone, and, by degrees, to slacken the stay-lace, until, at length, the stays may be worn quite loose. Oh! if a female knew but the comfort, as well as the benefit of such a plan, how gladly would she avail herself of it!

Mr. Whitfeld, of Ashford, Kent, has made (in the *Medical Times*) some pertinent and sensible remarks on the ‘ Evil Effects of Tight-Lacing.’ He says :—“ Allow

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\* *Polytechnic Journal.*

me to call the attention of your readers to the enormous evil resulting from the use of stays. These instruments of torture inflict on the fair sex a great degree of suffering, and tend, moreover, to deteriorate the human race. The chest is the seat of organs, whose functions are necessary to life, viz. : respiration and sanguification. For the due performance of these functions, it is essential that the chest be of full dimensions, and free in its motions. By actual measurement, the waist of well-formed women, of the average height, varies in circumference, from twenty-seven to twenty-nine inches; and there is scarcely any difference in its proportional size between male and female. But, such is the power of fashion, that the waist is seldom permitted to expand to the dimensions of twenty-five inches; the majority are within twenty-four: thousands are compressed to twenty-two; and some even to less than twenty inches; and, by the aid of wood, whalebone, and steel, the capacity of the chest is very often reduced to less than one half. The penalties attending this infringement of the organic law are as follows:—shortness of breath;\* palpitation and oppression of the heart; cough, and pain in the side; headache, with a feeling of weight at the vertex, neuralgia [tic-douloureux] of the face, and eruptions; œdema [swelling] of the ankles; dyspepsia and chlorosis [green-sickness]. The temperature of the body partakes of the extremes; there is generally chilliness of the whole surface; the viscera of the pelvis are liable to derangement; and, in married women especially, prolapsus uteri [descent of the womb] occurs. The lateral curvature of the spine is a consequence, not uncommon, of this pernicious practice. The frequency of this deviation, in females, has been attributed to their sedentary

\* "An anecdote of a Scotch physician, some twenty years ago, had almost put an end to tight-lacing, from its placing in a very prominent point of view, two of its most dreadful ill effects. 'Tight-lacing,' said he, quaintly, 'stinks the breath, and reddens the nose.'"

habits, but without sufficient grounds. It is well known, that thousands of females in Switzerland, and even in our own country, who are occupied during the whole day in a sitting posture, but who wear no stays, remain free from this deformity—but this is not the worst effect of tight-lacing; thousands of victims are annually doomed to the tyranny of this fashion, ere they have yet passed the first years of womanhood! What is the cause of so frightful a waste of life? Simply the opposition between the laws of nature and the laws of society; the former are disregarded, while the latter are submitted to without a murmur. It is mere empiricism, to prescribe quinine or iron, wine or porter, to relieve a general debility, with shortness of breath, palpitation of the heart, and faintness, when the lungs are denied their full play."

I cannot close the subject of stays and tight-lacing without quoting the clever remarks of a very intelligent writer.\* She says:—"One morning, when his daughter was about eight years old, my father came in, and found sundry preparations going on, the chief materials for which were buckram, whalebone, and other stiff articles; while the young lady was under measurement, by the hands of a female friend. 'Pray, what are you going to do to the child?' 'Going to fit her with a pair of stays.' 'For what purpose?' 'To improve her figure; no young lady can grow up, properly, without them.' 'I beg your pardon; young gentlemen grow up very well without them, and so may young ladies.' 'Oh, you are mistaken. See what a stoop she has already. Depend on it, this girl will be both a dwarf and a cripple, if we don't put her into stays.' 'My child may be a cripple, ma'am, if such is God's will; but she shall be one of His making, not ours.' All remonstrance was vain; stays, and every species of tight dress, were strictly prohibited, by the authority of one, whose will

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\* *Personal Recollections*, by Charlotte Elizabeth.

was, as every man's ought to be, absolute in his own household. He also carefully watched against any evasion of the rule; a riband, drawn tightly round my waist, would have been cut without hesitation, by his determined hand; while the little girl, of the anxious friend whose operations he had interrupted, enjoyed all the advantages of that system from which I was preserved. She grew up a wand-like figure, graceful and interesting, and died of decline at nineteen; while I, though not able to compare shapes with a wasp or an hour-glass, yet passed muster very fairly among mere human forms of God's moulding; and I have enjoyed, to this hour, a rare exemption from headaches, and other lady-like maladies, that appear the almost exclusive privilege of women in the higher classes. This is no trivial matter, believe me; it has frequently been the subject of conversation with professional men of high attainment; and I never met with one among them who did not, on hearing that I never but once, and then only for a few hours, submitted to the restraint of these unnatural machines, refer to that exemption, as a means, the free respiration, circulation, and powers, both of exertion and endurance, with which the Lord has most mercifully gifted me. There can be no doubt, that the hand which first encloses the waist of a girl in these cruel contrivances, supplying her with a fictitious support where the hand of God has placed bones and muscles that ought to be brought into vigorous action, that hand lays the foundation of bitter sufferings; at the price of which, and probably of a premature death, the advantage must be purchased, of rendering her figure as unlike as possible to all the models of female beauty, universally admitted to be such, because they are chiselled after nature itself. I have seen pictures, and I have read harrowing descriptions, of the murderous consequences of thus flying in the face of the Creator's skill, and presuming to mend—to improve—his perfect work; but, my own experience is worth a thousand trea-

tises, and ten thousand illustrations, in bringing conviction to my mind. Once, when introduced, as it is called, to the public, through the medium of a ball-room, I did join in persuading my father to allow of a fashionable lacing up, though by no means a tight one. I felt much as, I suppose, a frolicsome young colt feels, when first subjected to the goading apparatus, that fetters his wild freedom. I danced, but it was with a heavy heart and labouring breath; I talked, under the influence of a stupefying headache; and, on my return home, flew to my apartment, and cut the goodly fabric in pieces; nor was I, ever afterwards, tempted so to tempt my all-wise Maker, by saying to the frame that He had finished, and supplied with healthful means of growth, 'Hitherto shalt thou go and no farther.' "

295. *Have you any remarks to make on female dress?*

There is a perfect disregard of health in everything appertaining to fashion. Parts, that should be kept warm, remain unclothed: the upper part of the chest most prone to tubercles (consumption) is completely exposed; the feet, great inlets to cold, are covered with thin stockings, and shoes as thin as paper. Parts that should have full play are cramped and hampered; the chest is cribbed in with stays, the feet with tight shoes; hence, causing deformity and preventing a free circulation of blood. The mind, that should be calm and unruffled, is kept in a constant state of excitement by balls, and routs, and plays. Mind and body sympathise with each other, and disease is the consequence. Night is turned into day; and a delicate female leaves the heated ball-room, decked out in her airy finery, to breathe the damp and cold air of night. She goes to bed: but, for the first few hours, is too much excited to sleep; towards morning, when the air is pure and invigorating, and, when to breathe it, would be to inhale health and life, she falls into a feverish slumber, and wakes not until noonday. Oh! that parents should be so blinded and so infatuated!

Can it, then, be wondered at, that if the laws of nature, and of common sense, be so set at defiance, that one fifth,—and that fifth comprising the most interesting part of the community—that one fifth of all the deaths, that occur in England and Wales, arise from consumption; that more than sixty thousand die annually of this disease alone?

I do not mean to say, that ALL the deaths from consumption arise from folly and from fashion; but I will maintain, that a considerable portion of them are to be attributed to these causes.

## DIET.

296. *Which is the most wholesome—coffee or tea—where milk does not agree—for a youth's breakfast?*

Coffee—provided it be made properly, and provided the boy or the girl takes a great deal of out-door exercise; if a youth is much confined within doors, black-tea is preferable to coffee. The usual practice of making coffee, is, to boil it, to get out the strength! But the fact is, the process of boiling boils the strength away; it drives off that aromatic, grateful principle, so wholesome to the stomach, and so exhilarating to the spirits; and, in lieu of which, extracts its dregs and impurities, which are heavy, and difficult of digestion. The coffee should be ground *fresh* every morning; in order that you may be quite sure that it is perfectly genuine, and that none of the aroma of the coffee flies off from long exposure to the atmosphere. If coffee does not agree, then, *black* tea may be used, which should be drunk with plenty of milk in it. Milk may be frequently taken in tea, when it otherwise disagrees.

When a youth is delicate, it is an excellent plan, to give him a tumblerful of *new* milk every morning, before he rises from bed. Of course, the draught of new milk is not to interfere with the regular breakfast.

297. *Do you approve of a boy eating meat with his breakfast?*



This will depend upon the exercise he takes. If he has had a good walk or a run before breakfast, or, if he intend to take plenty of athletic out-door exercise after breakfast, meat may be taken with advantage, but not otherwise.

298. *What is the best dinner for a youth ?*

Fresh mutton or beef, and farinaceous puddings. It is a bad practice to allow him to dine, exclusively, on fruit puddings or on pastry. Let him be debarred from rich soups and from high-seasoned dishes, which only disorder the stomach and inflame the blood.

He must be desired to take plenty of time over his dinner, so that he may be made to chew his food well, and thus, that it may be reduced to an impalpable mass, and be well mixed with the saliva—which the action of the jaws will cause to be secreted—before it passes into the stomach. If such were usually the case, the stomach would not have double duty to perform, and boys would not so frequently lay the foundation of indigestion, &c., which may embitter, and even make miserable, their after-life.

Meat, plain pudding, vegetables, bread, and hunger for sauce, (which exercise will readily give,) is the best, and, indeed, should be, as a general rule, the only dinner they should have. Youths should not dine later than two o'clock.

299. *Do you consider broths and soups wholesome ?*

The stomach can digest solid, much more readily than it can liquid food ; on which account, the dinner, specified above, is far preferable to broths or soups. Fluids, in large quantities, too much dilute the gastric juice, and over-distend the stomach ; and hence, weaken it, and thus produce indigestion.

300. *Do you approve of a boy drinking beer with his dinner ?*

There is no objection to a little good, mild, table-beer ; but strong ale should never be allowed. Indeed, it is questionable, whether boys, unless they take un-

usual exercise, require anything but water with their meals.

301. *Do you approve of a youth having a glass or two of wine after dinner ; more especially if he be weakly ?*

I disapprove of it.—His young blood does not require to be inflamed, and his sensitive nerves excited, with wine ; and, if he be delicate, I should be sorry to endeavour to strengthen him by giving him such an inflammable fluid. If he be weakly, he is more predisposed to put on fever, or inflammation of different organs, or consumption ; and, being thus predisposed, wine would be likely to excite one or other of them into action. A parent should on no account allow a boy to touch spirits, however much diluted ; they are, to the young, still more deadly in their effects than wine.

302. *Have you any objection to a youth drinking tea ?*

Not at all, provided it is not *green* tea, that it is not made strong, and that it has plenty of milk in it. Green tea is apt to make people nervous, and boys and girls ought not even to know what it is to be nervous.

303. *Do you object to supper for a youth ?*

Meat suppers are highly prejudicial. If he be hungry (and if he has been much in the open air, he is almost sure to be,) a piece of bread and cheese, or of bread and butter, with a draught of new milk or of table-beer, will form the best supper he can have. He should not sup later than eight o'clock.

304. *Do you approve of a boy having anything between meals ?*

I do not ; let him have four meals a day, and he will require nothing in the intervals. It is a mistaken notion that "little and often is best." The stomach requires rest as much, or perhaps more, (for it is frequently worked too hard,) than any other part of the body. I do not mean that he is to have "*much* and seldom:" moderation is to be observed in everything. Give him as much as a growing boy requires, (*and that is a great deal*,) but do not let him eat gluttonously, as many indulgent

parents encourage their children to do. Intemperance in eating cannot be too strongly condemned.

305. *Have you any objection to a boy having pocket money?*

It is a bad practice to allow a boy *much* pocket money: if he is so allowed, he will be loading his stomach with sweets, fruits, and pastry, and thus, his stomach will become cloyed and disordered, and the keen appetite, so characteristic of youth, will be blunted, and ill health will ensue.—“In a public education, boys early learn temperance; and if the parents and friends would give them less money upon their usual visits, it would be much to their advantage; since it may justly be said that a great part of their disorders arise from surfeit, ‘plus occidit gula quam gladius’ (gluttony kills more than the sword).”\*

#### AIR AND EXERCISE.

306. *Have you any remarks to make on fresh air and exercise for youths?*

Girls and boys, especially the former, are too much confined within doors. It is imperatively necessary, if you wish them to be strong and healthy, that they should have plenty of fresh air and exercise—remember, I mean fresh air—country air—not the close air of a town. By exercise I mean,—the free unrestrained use of their limbs. Girls are unfortunately worse off than boys, in this respect, although they have similar muscles to develop, similar lungs that require fresh air, and similar nerves to be braced and to be strengthened. It is not considered lady-like to be natural; all their movements must be measured by rule and compass!

The reason, why so many young girls, of the present day, are so sallow, undersized, and ill-shaped, is, for the want of air and exercise.—After a time, the want of air and exercise, by causing ill-health, makes them slothful

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\* Goldsmith's *Essays*.

and indolent—it is a trouble for them to move from their chairs !

Let me strongly advise you, to study, for the benefit of your daughter, the following advice, which was addressed to a young girl, but which many grown up women may read with advantage:—"I have long been convinced that a habit of bodily sloth is a principal cause of ill-health. Fight against the habit. Never be afraid to move about. Be quick, sprightly, and prompt in your motions. If your thimble is left up two pair of stairs, go for it instantly. Do not linger, and say, 'I will wait a little,'—go at once. Form this habit in everything. And when the clock strikes the hour for a walk, close your book, put up your needle, get your bonnet and shawl, and away to healthful motion."\*

Respiration, digestion, and a proper action of the bowels, imperatively demand fresh air and exercise. Ill-health will inevitably ensue, if boys or girls are cooped up a great part of the day in a room.

A distinguished writer of the present day says: "The children of the very poor are always out and about. In this respect they are an example to those careful mammas who keep their children, the whole day long, in their chairs, reading, writing, ciphering, drawing, practising music-lessons, doing crochet-work, or anything, in fact, except running about, in spite of the sunshine always peeping in and inviting them out of doors; and who, in the due course of time, are surprised to find their children growing up with incurable heart, head, lung, or stomach complaints."

307. *What is the best exercise for a youth?*

Walking or running, provided it be not carried to fatigue. The slightest approach to it should warn a youth to desist from carrying it farther.

Walking exercise is not sufficiently insisted upon.—A boy or a girl, to be in the enjoyment of good health,

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\* *Daily Duty.* London: T. Nelson and Sons.

should walk, at least, ten miles every day. I do not mean—ten miles at a stretch; but, at different times of the day.

Some young ladies think it an awfully long walk if they manage a couple of miles! How can they, with such exercise, expect to be well? How can their muscles be developed? How can their nerves be strengthened? How can their blood course merrily through their blood-vessels? How can their chests expand and be strong? Why, it is impossible! Ill-health must be the penalty of such folly, for nature will not be trifled with!

WALKING EXERCISE, THEN, IS THE FINEST EXERCISE THAT CAN BE TAKEN, AND MUST BE TAKEN—AND THAT WITHOUT STINT—IF YOUTHS ARE TO BE STRONG AND WELL!

The advantage of our climate, is, that there is not a day in the whole year that walking exercise cannot be enjoyed.—I use the term ENJOYED—advisedly.—Of course the roads may be dirty. But what of that? A good, thick pair of boots will be the remedy.

Do then—let me entreat you—INSIST upon your girls and boys taking plenty of exercise—LET THEM ALMOST LIVE IN THE OPEN AIR!

308. *Do you approve of horse or pony exercise?*

I do, for a change; but, still, it should not supersede walking. Horse or pony exercise is very beneficial, and cannot be too strongly recommended. The principal advantage, for those living in towns, which it has over walking, is, that a person may go farther into the country, and thus be enabled to breathe a purer and more healthy atmosphere. Again, it is a more *amusing* exercise than walking, and this is a great consideration.

309. *Do you approve of carriage exercise?*

There is no muscular exertion in carriage exercise: its principal advantage, is, that it enables a person to have a change of air, which may be purer than the one he is in the habit of breathing. But, whether it be so or  
 4. change of air frequently does good, even if the air

be not so pure. Carriage exercise, therefore, does only partial good, AND SHOULD NEVER SUPERSEDE WALKING.

310. *What is the best time of the day for taking exercise?*

In the summer-time, early in the morning and before breakfast, as “cool morning air exhilarates young blood like wine.” If a youth cannot take exercise upon an empty stomach, let him have a slice of bread and a draught of milk. When he returns home, he will be able to do justice to his breakfast. In fine weather, he cannot take too much exercise, provided it be not carried to fatigue.

311. *What is the best time for him to keep quiet?*

He should not take exercise immediately after—say for half an hour after—a hearty meal, or it will be likely to interfere with digestion.

#### AMUSEMENTS.

312. *What amusements do you recommend for a boy, as being most beneficial to health?*

Manly games, such as—rowing, cricket, quoits, football, rackets, single-stick, bandy, bowls, and skittles.—Such games bring the muscles into proper action, and thus cause them to be fully developed. They expand and strengthen the chest; they cause a due circulation of the blood, making it bound merrily through the blood-vessels, and thus diffuse health and happiness in its course. Another excellent amusement for boys, is—the brandishing of clubs. They should be made in the form of a constable’s staff, but should be much larger and heavier.—The manner of handling them is so graphically described by Addison, that I cannot do better than transcribe it:—“When I was some years younger than I am at present, I used to employ myself in a more laborious diversion, which I learned from a Latin treatise of exercises that is written with great erudition: it is there called the *σκιόμαχια*, or the

fighting with a man's own shadow; and consists in the brandishing of two short sticks grasped in each hand, and loaden with plugs of lead at either end. This opens the chest, exercises the limbs, and gives a man all the pleasure of boxing, without the blows. I could wish that several learned men would lay out that time which they employ in controversies and disputes about nothing, in this method of fighting with their own shadows. It might conduce very much to evaporate the spleen, which makes them uneasy to the public as well as to themselves."

Another capital, healthful game, is—single-stick; which makes a boy—"to gain an upright and elastic carriage, and to learn the use of his limbs."\*

Single-stick may be taught by any drill-sergeant in the neighbourhood.

If games were more patronised in youth, so many miserable, nervous, useless creatures would not abound. It would be well,—if Government would have such places of amusement in every large town; and, if Government would not take it up, the Municipal Corporation should; or, Public Companies may be formed; and what parent is there, that would not lend a helping hand for their support, when his children's health is at stake?

LET A BOY OR A GIRL HAVE PLENTY OF PLAY—LET HALF OF HIS OR HER TIME BE SPENT IN PLAY.—"I have seen silly parents trying to get their children to say that they liked school-time better than holiday-time; that they liked work better than play. I have seen, with joy, many little fellows repudiating the odious and unnatural sentiment; and declaring manfully that they preferred cricket to Ovid. And if any boy ever tells you that he would rather learn his lessons than go into the play-ground, beware of that boy. Either his health is drooping and his mind becoming prematurely and un-

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\* *Geoffrey Hamlyn.* By H. Kingsley.

naturally developed, or he is a little humbug. He is an impostor. He is seeking to obtain credit under false pretences. Depend upon it, unless it really be that he is a poor little spiritless man, deficient in nerve and muscle, and unhealthily precocious in intellect, he has in him the elements of a sneak; and he wants nothing but time to ripen him into a pickpocket, a swindler, or a horse-dealer.”\* LET A BOY, THEN, HAVE PLAY, AND PLENTY OF IT.

313. *Is playing the flute, blowing the bugle, or any other wind-instrument, injurious to health?*

Decidedly so: the lungs and the windpipe are brought into unnatural action by them. Of course, if a boy be of a consumptive habit, this will hold good with tenfold force. If he must be musical, let him be taught singing, as that—provided the lungs be not diseased—will be beneficial.

314. *What amusements do you recommend for a girl?*

Archery, skipping, and dancing are among the best. Archery expands the chest, throws back the shoulders—thus improving the figure—and developes the muscles.—Skipping is exceedingly good exercise for a girl: every part of the body being put into action by it.—Dancing—followed as a rational amusement—causes a free circulation of the blood, and is most beneficial—provided it does not induce a girl to sit up late at night.—“Dancing is just the music of the feet, and the gladness of the young legs, and is well called the poetry of motion. It is like all other natural pleasures, given to be used, and to be not abused, either by yourself or by those who don’t like it, and don’t enjoy your doing it—shabby dogs these, beware of them! And if this be done, it is a good and a grace, as well as pleasure, and satisfies some good end of our being, and in its own way glorifies our Maker. Did you ever see anything in this world more beautiful than the lambs running races and dancing round the

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\* *Frazer’s Magazine*, September, 1854.



big stone of the field; and does not your heart get young when you hear,—

‘ Here we go by Jingo ring,  
Jingo ring, Jingo ring;  
Here we go by Jingo ring,  
About the merry ma tanzee.’ ” \*

315. *If dancing be so beneficial, why are balls such fruitful sources of coughs, colds, and consumptions?*

On many accounts.—They induce young ladies to sit up late at night; they cause them to dress more lightly than they are accustomed to do; and thus thinly clad, they leave their homes while the weather is, perhaps, piercing cold, to plunge into a suffocating, hot ball-room; made doubly injurious by the immense number of lights, which consume the oxygen intended for the due performance of the healthy function of the lungs. Their partners, the brilliancy of the scene, and the music, excite their nerves to undue, and, thus, to unnatural, action; and what is the consequence? Fatigue, weakness, hysterics, and extreme depression, follow. They leave the heated ball-room when the morning has far advanced, to breathe the bitterly cold, and, frequently, damp air of a winter’s night; and what is the result? Hundreds die of consumption who might otherwise have lived! Ought there not, then, to be a distinction between a ball at midnight and a dance in the evening?

316. *But still, would you have a girl brought up to forego the pleasures of a ball?*

If a parent prefers her so-called pleasures to her health, certainly not: to such a mother I do not address myself.

317. *Have you any remarks to make on singing, or on reading aloud?*

Before a mother allows her daughter to take lessons in singing, she should ascertain—that there is no actual

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\* *Health.* By John Brown, M.D. Edinburgh: Strahan and Co.

disease of the lungs; for if there be, it will probably excite it into action; but, if no disease exist, singing, or reading aloud, is very conducive to health. Public singers are seldom known to die of consumption. Singing expands the chest, improves the pronunciation, enriches the voice for conversation, strengthens the lungs, and wards off many of their diseases.—“It was the opinion of Dr. Rush, that singing by young ladies, whom the customs of society debar from many other kinds of healthy exercise, should be cultivated, not only as an accomplishment, but as a means of preserving health. He particularly insists, that vocal music should never be neglected in the education of a young lady; and states that, besides its salutary operation in soothing the cares of domestic life, it has a still more direct and important effect. ‘I here introduce a fact,’ says Dr. Rush, ‘which has been suggested to me by my profession; that is, the exercise of the organs of the breast, by singing, contributes very much to defend them from those diseases to which the climate and other causes expose them. The Germans are seldom afflicted with consumption, nor have I ever known more than one case of spitting of blood among them. This, I believe, is in part occasioned by the strength which their lungs acquire by exercising them frequently in vocal music, which constitutes an essential branch of their education.’”\*

## EDUCATION.

318. *Do you approve of corporal punishment in schools?*

I do not: I consider it to be decidedly injurious both to body and mind. Is it not painful to witness the pale cheeks and the dejected looks of those boys who are often flogged? If their tempers are mild, their spirits are broken; if their dispositions are at all obstinate, they become hardened and wilful, and are made little better

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\* *Musical World.*

than brutes.\* A boy, who is often flogged, loses that noble ingenuousness and fine sensibility so characteristic of youth. He looks upon his school as his prison, and his master as his gaoler, and, as he grows up to manhood, hates and despises the man who has flogged him. Corporal punishment is revolting, disgusting, and demoralising to the boy, and is degrading to the schoolmaster as a man and a Christian.

If schoolmasters must flog, let them flog their own sons, but no one else's!—If they must ruin the tempers, the dispositions, and the constitutions of boys, they have more right to practise upon their own than on other people's children! Oh! that parents would raise—and that without any uncertain sound—their voices against such abominations, and the detestable cane would soon be banished the school-room!—"I am confident that no boy," says Addison, "who will not be allured by letters without blows, will ever be brought to anything with them. A great or good mind must necessarily be the worse for such indignities; and it is a sad change, to lose of its virtue for the improvement of its knowledge. No one has gone through what they call a great school, but must have remembered to have seen children of excellent and ingenuous natures—(as have afterwards appeared in their manhood); I say no man has passed through this way of education, but must have seen an ingenuous creature expiring with shame, with pale looks, beseeching sorrow, and silent tears, throw up its honest eyes, and kneel on its tender knees to an inexorable blockhead, to be forgiven the false quantity of a word in making a Latin verse. The child is punished, and the next day he commits a like crime,

\* "I would have given him, Captain Fleming, had he been my son," quoth old Pearson the elder, "such a good sound drubbing as he never would have forgotten—never!"

"Pooh! pooh! my good sir. Don't tell me. Never saw flogging in the navy do good. Kept down brutes: never made a man yet."—Dr. Norman Macleod, in *Good Words*, May, 1861.

and so a third, with the same consequence. I would fain ask any reasonable man whether this lad, in the simplicity of his native innocence, full of shame, and capable of any impression from that grace of soul, was not fitter for any purpose in this life than after that spark of virtue is extinguished in him, though he is able to write twenty verses in an evening?"

How often is corporal punishment resorted to, at school, because the master is in a passion, and he vents his rage upon the poor school-boy's unfortunate back!—"Do not leave hearts to ache or break when it depends on yourself; nor, by impatience and passion, cause unnecessary personal chastisements to be inflicted, which only debase the mind and harden the disposition."\*

A writer in the *Dublin University Magazine*, in speaking of his school-boy reminiscences and of a master fond of flogging, makes the following pithy remarks:—"I said he had done much to harden the feelings of children—to create bad men therefore, I said that it had been well for all of us, had Mr. Rarey appeared long since in the school-room, instead of the stable. At ten guineas per pupil, he might have taught tutors the secret of governing children, as well as horses—by kindness. He might have told them to approach the boy gently, to pat him on the head, to be quiet and kind with him, and to conquer his timidity. Did the boy appear restive, and inclined to rebel, he might be softened by talking quietly—very quietly—to him. By degrees the school-room Rarey would gain an ascendancy over the boy; the child's heart would be touched, and he would follow his master most cheerfully. This Rarey doctrine taught in school-rooms, might bring a goodly fortune to a bold professor."†

How many men owe their ferocity to the canings they received when school-boys? The early floggings hardened, and soured them, and blunted their sensibility.—

\* *Helen and Olga*, a Russian Tale.

† The *Dublin University Magazine*, November, 1858.

"It is wholly to this dreadful practice, that we may attribute a certain hardness and ferocity which some men, though liberally educated, carry about them in all their behaviour. To be bred like a gentleman, and punished like a malefactor, must, as we see it does, produce that illiberal sauciness which we see sometimes in men of letters."\*

Never should a schoolmaster, or any one else, be allowed, on any pretence whatever, to strike a boy upon the head.—Boxing of the ears has sometimes caused laceration of the drum of the ear, and consequent partial deafness for life. Boxing of the ears injures the brain and therefore the intellect.

It may be said, that I am travelling out of my province in making remarks on corporal chastisement in schools? But, with deference, I reply—that I am strictly in the path of my duty. My office is to inform you of everything that is detrimental to your children's health and happiness: and corporal punishment is assuredly most injurious to both their health and happiness. It is the bounden duty of every man—and of every Medical man especially—to lift up his voice against the abominable, disgusting, and degrading system of flogging, and to warn parents of the danger and the mischief of sending boys to those schools where flogging is permitted.†

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\* Addison.

† "The schoolmaster of Tynemouth workhouse, was on Monday fined £3 and costs, for having brutally flogged a little boy, one of his pupils."—*Birmingham Daily Post*, January 17, 1861.

"CRUELTY BY A SCHOOLMASTER.—George Purchon, master of a school connected with a flax-spinning manufactory at Hunslet, near Leeds, was charged before the magistrates, on Saturday, with ill-using a boy named Warrington, nine years old. Having heard surgical evidence, the magistrates examined the boy's body in a private room. It presented a pitiable spectacle, the shoulders and back being covered with discoloured contused wounds. On returning into court the boy was sworn, and stated that on Thursday morning another boy said he was talking, and

319. *Have you any observations to make on the selection of a female boarding-school?*

Where it is practicable, HOME-EDUCATION is far preferable to sending girls to school; as AT home—their health, their morals, and their household duties, can be attended to, much more effectually than *from* home.

Moreover, it is a serious injury to girls—in more ways than one—to separate them from their own brothers.—“Many parents seem to think they are neglecting the education of their children unless they banish them to boarding-schools, where they remain for nine or ten months in the year secluded from all companions but those of their own sex. Now whatever be the Divine intention implied in the beautiful relationship of sister and brother during the early years of life, it must surely be defeated by such an arrangement as this. No doubt there are strong reasons for sending young ladies to spend a year or two, say from sixteen to eighteen years of age, at a high-class establishment. And the discipline of a public-school may be advantageous to boys about the same period of life. But the dangers of such an arrangement are well known, and ought to be thoroughly weighed before they are risked. And at all events, we would earnestly contend, that to as late a period of education as possible, brothers and sisters should be closely and constantly associated together, to exercise that

the schoolmaster called him up, and told him to hold out his hand. He refused, and then the master flogged him, causing the bruises and wounds. The schoolmaster said the boy irritated him by laughing, and he beat him with a gutta-percha whip. The magistrates said that Purnon had acted most disgracefully, and that he was not fit to be a schoolmaster. They sentenced him to two months' imprisonment, and the surgeon in the case said he should report it to the factory inspector.”—*Aris's Birmingham Gazette*, January 26, 1861.

If every schoolmaster, who flogged a boy severely, were had up before a magistrate, it would soon put a stop to the degrading and brutalising practice.

mutually strengthening and refining influence, which must have been the part of the Divine plan of the family. The wisdom of that plan is plainly enough vindicated by human experience. For it can hardly be denied that wherever young people are gathered together in numbers, exclusively of one sex, the worst features in their character tend to become predominant, and, too often, the worst individuals become supreme. What assembly is more fierce, cruel, and unfeeling, than a body of boarding-school young gentlemen? Or, where is more shallow and heartless levity to be met with than amongst a bevy of boarding-school misses? This is just what we ought to expect from the tendencies of either sex uncounteracted by the influence of the other. Indeed, we perhaps keep quite within the spirit of the words, if not to their original and immediate intension, when we say of brother and sister, as well as of man and wife, 'What God hath joined together, let no man put asunder.'\*\*

If home-education be not practicable, great care must be taken in making choice of a school. Boarding-school education requires great reformation. Accomplishments, superficial acquirements, and brain-work, have been the order of the day—health has been very little studied. In the education of your daughters, you should remember that they will, in a few years, be the wives and the mothers of England; and what useless, listless wives they will be, if they have not health and strength to sustain the character.

Remember, then, the body, and not the mind, should, in early life, be principally cultivated and strengthened, and that the growing brain will not bear, with impunity, much book-learning. The brain of a school-girl is, frequently, injured by getting up voluminous questions by rote, that are not of the slightest use or benefit to her, or to any one else. Instead of this ridiculous system,

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\* *Our Girls*, in *Good Words*, October, 1861.

educate a girl to be useful and self-reliant.—“ From baby-hood they are given to understand, that helplessness is feminine and beautiful; helpfulness—except in certain received forms of manifestation—unwomanly and ugly. The boys may do a thousand things which are ‘not proper for little girls.’ ”\*

From her twelfth to her seventeenth year, is the most important epoch of a girl’s existence, as regards her future health, and, consequently, in a great measure, her future happiness: and one, in which, more than at any other period of her life, she requires plenty of fresh air, exercise, recreation, a variety of innocent amusements, and good nourishment, more especially, fresh meat; therefore, if you have determined on sending your girl to school, you must ascertain, that the pupils have as much plain, wholesome food as they can eat, that the school is situated in a healthy spot, that there is a large play-ground attached to it, that the young people are allowed plenty of exercise in the open air—indeed, that, at least, one-third of the day is spent there in skipping, archery, battledore and shuttlecock, gardening, walking, running, &c.

Take care that the school-rooms are well ventilated, that they are not over-crowded, and that the pupils are allowed chairs to sit upon, and not those abominations—forms and stools. If you wish to try the effect upon yourself, sit upon a form, or upon a stool, for a couple of hours without stirring, and take my word for it, you will insist that forms and stools be banished from the school-room.

Hear what a modern writer says on the subject:—“ The illustration will be found in the very common, perhaps universal custom, of furnishing a school with stools and forms in lieu of ordinary chairs. This is a direct sacrifice of health to parsimony. The stools cost little, and are conveniently removed from one room to another. All mistresses know, however, that the spine

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\* *A Woman’s Thoughts about Women.*



of a growing girl is unable to support constantly the weight of her head and shoulders. Nature teaches leaning as a means of relief, by which the weight is lessened, and the free action of the chest is not impeded. But a girl who sits on a stool cannot lean, and her spine bends. The resulting deformity may be permanent or temporary; an abiding curvature to one or other side, or a mere rounding of the back, removeable at will. But all such distortions, while they last, if only for five minutes, have a bad effect that is commonly forgotten. They confine the chest and hinder respiration, limiting the quantity of air admitted into the lungs, and producing effects similar to those of a vitiated atmosphere. This is no light thing. To place a girl in such a position, for several hours daily, that her chest cannot expand with freedom, is to subject her to a kind of slow poisoning. Those who have narrow chests become, under such treatment, pallid and listless, their hearts beat violently on exertion, and they are rendered dangerously prone to lung diseases.”\*

Assure yourself that the pupils are compelled to rise early in the morning, and that they retire early to rest; that each young lady has a separate bed;† and that many are not allowed to sleep in the same room, and that the apartments are large and well ventilated. In fine, their health and their morals should be preferred far before their accomplishments.

Mrs. Ellis, in her *Women of England*, speaks very feelingly and justly of the improper mode in which modern education is conducted. She says,—“It is not my province to describe how much the bodily constitution is impaired by this incessant application to study. Philanthropical means are devised for relieving the young student as much as possible, by vary-

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\* *Household Worlds.*

† A horse-hair mattress should always be preferred to a feather-bed. It is not only better for the health, but it improves the figure.

ing the subjects of attention, and allowing short intervals of bodily exercise: but still the high pressure system goes on; and with all their attainments in the way of learning, few of the young ladies who return home after having received a highly finished education, are possessed of health and energy sufficient to make use of their attainments, even if they occupied a field more suited to their display. I know not how it may affect others, but the number of languid, listless, and inert young ladies, who now recline upon our sofas, murmuring and repining at every claim upon their personal exertions, is to me a truly melancholy spectacle, and one which demands the attention of a benevolent and enlightened public, even more, perhaps, than some of those great national schemes in which the people and the government are alike interested. It is but rarely now that we meet with a really healthy woman; and highly as intellectual attainments may be prized, I think all will allow that no qualifications can be of much value without the power of bringing them into use."

320. *In some schools they use straight-backed chairs, to make a girl sit upright, and to give strength to her back: do you approve of them?*

Certainly not.—The natural and graceful curve of the back is not the curve of a straight-backed chair. Straight-backed chairs are instruments of torture; and are more likely to make a girl crooked, than to make her straight. Sir Astley Cooper ridiculed straight-backed chairs, and well he might. It is always well for a mother to try—for some considerable time—such inventions upon herself, before she punishes her unfortunate daughter. The position is most unnatural. I do not approve of a girl lounging and lolling on a sofa; but, if she be tired and wants to rest herself, let her sit upon a comfortable ordinary chair, like any other reasonable being.

If you want her to be straight, let her be strong; and if she is to be strong, she must use plenty of exercise

and exertion, such as—drilling, dancing, skipping, archery, bowls.—This is the plan to make her back straight, and her muscles strong. Why should we bring up girls differently from boys? Muscular exercises and health-giving exertion are unladylike, forsooth!

#### HOUSEHOLD WORK FOR GIRLS.

321. *Do you recommend household work, as a means of health, for my daughter?*

Decidedly.—Whatever you do, do not make a fine lady of her, or she will become puny and delicate, listless and miserable. A girl, let her station be what it may, should, as soon as she is old enough, make her own bed. There is no exercise better than bed-making to expand the figure and to beautify the shape. Let her make tidy her own room. Let her use her hands and arms. Let her, to a great extent, wait upon herself. There is nothing vulgar in being useful. Let me ask—Of what use are many girls of the present day? They are utterly useless. Are they happy? No, they are miserable for the want of employment,—I mean, bodily employment—household work. Unfortunately, now-a-days, many girls are made to look upon a pretty face, dress, and accomplishments, as the only things needed! And, when they do become women, what miserable, lackadaisical wives, and senseless, useless mothers they make!

There is a book which I have quoted before, and which cannot be too frequently quoted,—called *Daily Duty: a Book for Girls*,\* which every mother as well as every girl should read. In speaking of household work, the author pertinently and justly remarks:—"You are not a queen or a princess, and therefore you must expect to do some work. Even if you were a queen or a princess, I would advise you to use your hands a little. They were given to you for that purpose, and you would

\* Published by T. Nelson and Sons, London.

soon be wretched, even in a palace, with scores of attendants and millions of money, if you had nothing to do. I dare say Queen Victoria finds a little employment useful, though I have never heard whether she rubs down furniture, or polishes the silver. But you are not a queen yet.

“Do you not know that your mother often has a new maid-servant, who has almost everything to learn? Do not you see that your mother could not instruct her, unless she had learned herself. Is she not sometimes for a day or more without a cook, without a chamber-maid, or without either? And do you not admire her for the cheerfulness, readiness, and ability with which she goes about the labour herself? All this is unavoidable. You must come to it. You had better prepare for it in time.

“You should not complain of this state of things. It is good. It is good for the health and spirits. Look at those young ladies who have never done anything harder than hem a handkerchief, dress a flower-vase, or knit a bead-purse. Are their cheeks red? No. Are their teeth sound? No. Are their hands plump? No. Are their spines straight? No. Are they good walkers? No. Do they come to their breakfast with an appetite? No. Do they come from a walk full of glee and spirit? No. They are pale or sallow, slender and stooping, narrow in the chest, weak in their limbs, with sunken cheeks, bony arms and hands, and a look of weariness and sloth which makes you almost pity them.

“How different is the case with a young girl who has learned a little of every household employment! Her father is wealthy, and has a number of domestics, but he has no idea of letting his daughter Grace grow up in idleness. If Grace could be so foolish, as to think that household work was beneath her notice, he would look very grave, and say:—‘My daughter! nothing that is your duty is beneath you. It is your duty to learn how to take care of the family. You may some day be

poor, and then such knowledge will be all your living. But if you should be rich, you can never conduct a household, unless you know how things are done; and there is no way of learning how things are done, so good as to *do them*.'

"Miss Grace thinks with her father. She wishes to be a comfort to him. She keeps the daily accounts, and here she finds the great use of the arithmetic which she learned at school. She rises early, and sees to the dairy. She trips out among the flowers, and is not afraid of a wet shoe, or of blistering her little hand with a rake or a pruning-knife. She sees that breakfast is in time and place; and when she has attended to the tea-things, knows that every article is in order, and in its place. She oversees the laundry-work, and has been long acquainted with clear-starching and ironing. She is already a good pastry-cook, and is at no loss how to get up a pretty dessert, even in the worst seasons. She has been known to mount her pony and scour the neighbourhood for a supply of eggs or poultry, when there was an extraordinary demand. What is the consequence? Grace is the most rosy, healthy creature of her whole connexion. Her sleep is like an infant's. Her joyous voice tells of a light heart and a good constitution. She never knows the moment when she does not know what to do next.

"Now, I advise you to begin as early as possible, to be your mother's helper in every part of household affairs. Take as much off her hands as you can. Make yourself more and more useful. You will never regret it. It will never hinder your learning or your accomplishments."

#### CHOICE OF PROFESSION OR TRADE.

322. *What profession or trade would you recommend a boy of a delicate or of a consumptive habit to follow?*

If a youth be delicate, it is a common practice among

parents, to put him to some light in-door trade; or, if they can afford it, to one of the learned professions. Such a practice is absurd and is fraught with danger.—The close confinement of an in-door trade is highly prejudicial to health.—The hard reading requisite to fit a man to fill, for instance, the sacred office, only increases delicacy of constitution.—The stooping at a desk, in an attorney's office, is most trying to the chest.—The harass, the anxiety, the disturbed nights, the interrupted meals, and the intense study necessary to fit a man for the medical profession, is still more dangerous to health than law, divinity, or any in-door trade.—“Sir Walter says of the country surgeon, that he is worse fed and harder wrought than any one else in the parish, except it be his horse.”\*

A modern writer, speaking of the life of a Medical man, observes, “There is no career which so rapidly wears away the powers of life, because there is no other which requires a greater activity of mind and body. He has to bear the changes of weather, continued fatigue, irregularity in his meals, and broken rest; to live in the midst of miasma and contagion. If in the country, he has to traverse considerable distances on horseback, exposed to wind and storm; to brave all dangers to go to the relief of suffering humanity. A fearful truth for Medical men has been established by the table of mortality of Dr. Casper, published in the *British Review*. Of 1000 members of the Medical profession, 600 died before their sixty-second year; whilst of persons leading a quiet life—such as agriculturists or theologians—the mortality is only 347. If we take 100 individuals of each of these classes, 43 theologians, 40 agriculturists, 35 clerks, 32 soldiers, will reach their seventieth year: of 100 professors of the healing art, 24 only will reach that age. They are the sign-posts to health; they can show the road to old age, but rarely tread it themselves.”

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\* *Horæ Subsecivæ*. By John Brown, M.D., F.R.S.E.

Therefore, if a youth be of a delicate or of a consumptive habit,—an out-door calling should be advised—such as, that of a farmer, a tanner, or a land-surveyor; but, if he be of an inferior station of society—the trade of a butcher may be recommended.—Tanners and butchers are seldom known to die of consumption.

I cannot refrain from reprobating the too common practice among parents of bringing up their children to the professions: the anxieties and heartaches which they undergo if they do not succeed (and how can many of them succeed when there is such a superabundance of candidates?) materially injure their health.—“I very much wonder,” says Addison, “at the humour of parents, who will not rather choose to place their sons in a way of life where an honest industry cannot but thrive, than in stations where the greatest probity, learning, and good sense, may miscarry. How many men are country curates, that might have made themselves aldermen of London, by a right improvement of a smaller sum of money than what is usually laid out upon a learned education? A sober, frugal person, of slender parts and a slow apprehension, might have thrived in trade, though he starves upon physic; as a man would be well enough pleased to buy silks of one whom he could not venture to feel his pulse. Vagellius is careful, studious, and obliging, but withal a little thick-skulled; he has not a single client, but might have had abundance of customers. The misfortune is, that parents take a liking to a particular profession, and therefore desire their sons may be of it: whereas, in so great an affair of life, they should consider the genius and abilities of their children, more than their own inclinations. It is the great advantage of a trading nation that there are very few in it so dull and heavy who may not be placed in stations of life, which may give them an opportunity of making their fortunes. A well-regulated commerce is not, like law, physic, or divinity, to be overstocked with hands; but, on the contrary, flourishes by

multitudes, and gives employment to all its professors. Fleets of merchantmen are so many squadrons of floating shops, that vend our wares and manufactures in all the markets of the world, and find out chapmen under both the tropics."

323. *Then, do you recommend a delicate youth to be brought up to a profession or to a trade?*

Decidely.—There is nothing so injurious for a delicate youth, or for any one else, as idleness. Work, in moderation, enlivens the spirits, braces the nerves, and gives tone to the muscles, and thus strengthens the constitution. Of all miserable people, the idle boy, or man, is the most miserable!

If you are poor, of course, you will bring him up to some calling; but if you are rich, and your boy is delicate (if he is not actually in a consumption), you will, if you are wise, still bring him up to some trade, or profession; otherwise, you will be making a rod for your own back—as well as for your son's.

Oh, what a blessed thing is work!—"For, as I said of old, in other words, regard it properly, and work is the substrate, or basis, of all our daily blessings, upon which lesser joys of divers kinds are built up by the Great Architect and Disposer; and without which there may be brief spasms and convulsions of excitement, which we may call pleasure, but no continuous happiness or content.

" 'Give your son a Bible and a calling,' said an eminent divine. Write the words in letters of gold! Any calling is better than none: there is nothing surer than that. You would like to see your Harry fairly started for the Woolsack; your little Cecil steaming up to the other bank of the great river, where lies the archiepiscopal palace of Lambeth; and your blue-eyed Ernest floating calmly in the vice-regal precincts of the Government House of Calcutta. Well, I have my Harry, and my Cecil, and my Ernest; and I should like to see them, too, well ahead in the race for the Chancellor's wig, or



the Primate's sleeves, or the body-guard of the Governor-general; but I would sooner see them cutting planks in a saw-yard, or shouldering heavy luggage at a railway station, than doing nothing, when they have come to a fitting age to do a good day's work for a good day's wage, and to earn their bread like honest gentlemen.

"There is nothing like it in human life—nothing at the same time so ennobling, and so exhilarating. It braces a man like cold water: it invigorates him like iron and quinine. What a poor creature he is who has no work to do—what a burden to himself and to others! Many a man's happiness has been blasted by the possession of an estate, and, if independence without work be a sore trouble, what must idleness be without independence!"\*

#### SLEEP.

324. *Have you any remarks to make on the sleep of youth?*

Sleeping-rooms are, generally, the smallest in the house: whereas, for health's sake, they ought to be the largest. If it is impossible to have a *large* bedroom, I should advise a parent to have one or two bricks knocked out from over the door of the chamber, so as constantly to admit a free current of air from the passages; if this cannot readily be done, let the bed-room door be left ajar all night: and, in the summer-time, I should recommend her to have, during the night, the upper window-sash lowered about two inches.

If there be a dressing-room next to the bed-room, it will be well—to have the dressing-room window, instead of the bed-room window, open at night.—The dressing-room door will regulate the quantity of air to be admitted into the bedroom,—opening it little, or much, as the weather may be cold or otherwise.

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\* From an admirable article entitled *Work*, in the *Cornhill Magazine*, for November, 1860.

FRESH AIR DURING SLEEP IS INDISPENSABLE TO HEALTH: if a bed-room be close, the sleep, instead of being calm and refreshing, is broken and disturbed: and the youth, when he awakes in the morning, feels more fatigued than when he retired to rest.

If sleep is to be refreshing, the air, then, must be pure, and must be free from carbonic acid gas—which is constantly being evolved from the lungs.—If sleep is to be health-giving, the lungs must have their proper food—oxygen,—and not be cheated by giving them instead—a poison—carbonic acid gas. “But there is also another reason for the necessity of a constant renewal of the air. The products of respiration are poisonous. The particles of the body when combined with oxygen result in compounds which are incompatible with vital action: they choke it, somewhat perhaps as ashes choke a fire; and hence the most injurious of these, the carbonic acid, is carried off immediately by the returning breath. And further, the air must be pure. It is oxygen, and oxygen uncontaminated, that sustains the vital change. Air loaded with the products of respiration, or of artificial lights, is as unfit for breathing as dust is for food; and for the same reason: its chemical capacity is gone—its affinities have produced their effect. Indeed, it is far worse. Dust would but cheat the stomach, affording no pabulum for the blood, but leaving unhindered in its changes whatever of wholesome food there might remain in it. Impure air, in so far as it is impure, not only contributes nothing to the life of the body, but robs it of what life it has, and directly impedes the changes which it should sustain.”\*

It would be well, if practicable, for a boy to have a room to himself: if this be not possible, there ought to be a bed for each one in the room, as it is much more healthy for youths to sleep alone.

Bed-curtains and valances should on no account be

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\* *The Cornhill Magazine*, March, 1861.

allowed: they prevent a free circulation of the air. A youth should sleep on a horse-hair mattress. Such mattresses greatly improve the figure and strengthen the frame. During the day-time, provided it does not rain, the windows must be thrown open; and, after he has risen from bed, he should throw back the clothes, that they may become, before the bed is made, well ventilated and purified by the air:—

“Do you wish to be healthy?—

Then keep the house sweet;

As soon as you're up

Shake each blanket and sheet.

Leave the beds to get fresh

On the close crowded floor;

Let the wind sweep right through—

Open window and door.

The bad air will rush out

As the good air comes in,

Just as goodness is stronger

And better than sin.

Do this, it's soon done,

In the fresh morning air,

It will lighten your labour

And lessen your care.

You are weary—no wonder,

There's weight and there's gloom

Hanging heavily round

In each over-full room.

Be sure all the trouble

Is profit and gain,

For there's head-ache and heart-ache,

And fever and pain

Hovering round, settling down

In the closeness and heat:

Let the wind sweep right through

Till the air's fresh and sweet,

And more cheerful you'll feel  
 Thro' the toil of the day ;  
 More refreshed you'll awake  
 When the night's pass'd away.\*

Plants and flowers should not be allowed to remain in a chamber at night. Experiments have proved, that plants and flowers take up carbonic acid gas (the refuse of respiration), and give off oxygen (a gas so necessary and beneficial to health) in the day-time; but give out a poisonous exhalation in the night-time.

Early rising cannot be too strongly insisted upon; nothing is more conducive to health, and thus to long life. A youth is frequently allowed to spend the early part of the morning in bed, breathing the impure atmosphere of a bed-room, when he should be up and about, inhaling the balmy and health-giving breezes of morning :—

“ Rise with the lark, and with the lark to bed :  
 The breath of night's destructive to the hue  
 Of ev'ry flower that blows. Go to the field,  
 And ask the humble daisy why it sleeps  
 Soon as the sun departs? Why close the eyes  
 Of blossoms infinite, long ere the moon  
 Her oriental veil puts off? Think why,  
 Nor let the sweetest blossom Nature boasts  
 Be thus exposed to night's unkindly damp.  
 Well may it droop, and all its freshness lose,  
 Compell'd to taste the rank and pois'nous steam  
 Of midnight theatre and morning ball.  
 Give to repose the solemn hour she claims ;  
 And from the forehead of the morning steal  
 The sweet occasion. Oh ! there is a charm  
 Which morning has, that gives the brow of age  
 A smack of youth, and makes the lip of youth  
 Shed perfume exquisite. Expect it not,  
 Ye who till noon upon a down-bed lie,  
 Indulging feverish sleep.”†

\* *Household Verses on Health and Happiness.* London : Jarrold and Sons.

† Hurdia's *Village Curate.*

If early rising be commenced in childhood, it becomes a habit, and will, then, probably, be continued for the remainder of his existence. A boy should on no account be roused from his sleep; but, as soon as he is awake in the morning, he should be encouraged to rise. Dozing—that state between sleeping and waking—is injurious: it enervates both body and mind, and, is as detrimental to health as dram-drinking! But, if a boy rise early, he must go to bed betimes: it is a bad practice to keep him up until the family goes to bed. He should retire to rest by nine o'clock, winter and summer, and rise as soon as he awakes in the morning.

Let me urge upon a parent, the great importance of NOT stopping up the chimney of the bed-room—or of any room,—as many are in the habit of doing, to prevent a draught as *they* call it, but to prevent health as *I* should call it.

325. *How many hours of sleep should a boy have?*

This, of course, will depend upon the exercise he takes; but, on an average, he should have, at least, eight hours every night. It is a mistaken notion that a boy does *better* with *little* sleep. Infants, children, and youths, require more sleep than those who are more advanced in years; hence, old people can frequently do with little. This may, in a measure, be accounted for, from the quantity of exercise the young take. Another reason may be, the young have no pain and no care to keep them awake; while, on the contrary, the old have frequently one or both.

#### ON THE TEETH AND THE GUMS.

326. *What are the best means of keeping the teeth and the gums in a healthy state?*

I would recommend the teeth and the gums to be well brushed, every night at bed-time, with warm salt-and-water, in the proportion of one large teaspoonful of salt to a tumbler of water. I was induced to try the above plan, by the recommendation of an intelligent

American writer, who makes the following remarks on the subject:—"Pay particular attention to your teeth. By this I mean, simply, cleanse them with a soft brush, and with water, in which a little common-salt is dissolved, the last thing before you retire at night. This simple direction, faithfully followed, will ordinarily keep the teeth good till old age. I would urge this, because, if neglected, the following are the results:—Your breath will inevitably become offensive from defective teeth; your comfort will be destroyed by frequent toothache; your health will suffer for the want of good teeth to masticate the food; and last, though not least, you will early lose your teeth, and thus your public speaking will be irretrievably injured. These may seem small affairs now, but the habit of neglect will assuredly bring bitter repentance when it is too late to remedy the neglect."\* The salt-and-water should be used *every night*.

The following is an excellent Tooth-powder:—

Take of—	Finely Powdered Peruvian Bark;
	„ Prepared Coral;
	„ Prepared Chalk;
	„ Myrrh, of each, half an ounce;
	„ Orris Root, a quarter of an ounce;

Mix them well together in a mortar, and preserve the powder in a wide-mouthed stoppered bottle.

The teeth should be well brushed with the above tooth-powder every morning.

If the teeth be much decayed, and if the breath be offensive in consequence,—two ounces of finely powdered charcoal well mixed with the above ingredients, will be found a valuable addition.

Some persons clean their teeth, every morning, with soap: if soap be used, it should be Castile-soap; and, if the teeth are not white and clear, Castile-soap is an excellent cleanser of the teeth, and may be used, in lieu of the Tooth-powder as before recommended.

There are few persons who brush their teeth properly.

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\* Todd's *Student's Guide*.

—I will tell you the right way.—First of all procure a tooth-brush of the best make, and of rather hard bristles, to enable it to penetrate into all the nooks and corners of the teeth,—then, having put a small quantity of warm water into your mouth, letting the principal of it escape into the basin, dip your brush in warm water, and if you are about using Castile-soap, rub the brush on a cake of the soap, and then well brush your teeth, first upwards and downwards, then from side to side—from right to left, and from left to right—then the posterior portions of the teeth—then apply the brush to the tops of the crowns of the teeth both of the upper and of the lower jaw—so that **EVERY** part of each tooth, including the gums, may in turn be well cleansed and well brushed. Be not afraid of using the brush; a good sound brushing and dressing will do the teeth and the gums an immensity of good: it will make the breath sweet and will preserve the teeth sound.—Of course, after using the brush, the mouth must be well rinsed out with warm water.

The finest set of teeth I ever saw in my life belonged to a middle-aged gentleman—the teeth had neither spot nor blemish—they were like beautiful pearls.—He never had toothache in his life, and did not know what toothache meant! He brushed his teeth, every morning, with soap and water, in the manner I have previously recommended.—I can only say to you—go and do likewise!

Camphor should never be used as an ingredient of Tooth-powder—it makes the teeth brittle.

Tartar is apt to accumulate between and around the teeth: in such a case, it is better *not* to remove it by scaling instruments, but to adopt the plan recommended by Dr. Richardson,\* namely, to well brush the teeth with pure vinegar and water.

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\* *The Social Science Review*, June 20, 1863.

## PREVENTION OF DISEASE, ETC.

327. *If a child show great precocity of intellect, is any organ likely to become affected?*

A greater quantity of arterial blood is sent to the brain of those who are prematurely talented, and hence, it becomes more than ordinarily developed. Such advantages are not unmixed with danger; this same arterial blood may excite and feed inflammation; and convulsions, or water-on-the-brain, or insanity, or, at last, idiocy, may follow.

How proud a mother is in having a precocious child! How little is she aware that precocity is disease!—"Precocity is generally an indication of disease; and it has been very safely predicated of infant prodigies, that they rarely grow up clever, because in fact they rarely grow up at all. They 'o'er inform their tene-ment of clay;'—the fire of intellect burns faster than the body can supply it with aliment, and so they spiritualise and evaporate. Mind and body are yoked together to pursue their mysterious journey with equal steps, nor can one outstrip the other without breaking the harness and endangering the whole machine."\*

328. *How can danger, in such a case, be warded off?*

It behoves a parent, if her son be precocious, to restrain him; to send him to a quiet country place, free from the excitement of the town; and, when he is sent to school,—to give directions to the master that he is not to tax his intellect (for a master is apt, if he have a clever boy, to urge him forward); and to keep him from those institutions where a spirit of rivalry is maintained, and the brain is thus kept in a state of constant excitement. Medals and prizes are well enough for those who have moderate abilities, but dangerous, indeed, to those who have brilliant ones.

Henry Kirke White was one possessed of precocious

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\* Theodore Hook.



talents, and he, alas! fell a victim to them. And that he may be a warning to a mother, I cannot help dilating upon his case.—Henry Kirke White died at the age of twenty-one. His biographer, after alluding to his transcendent talents, and the immense application he made to improve them, goes on to state that—“His frame was now totally shaken, and his mind appeared to be worn out.\*\*\* His brother, however, was informed of his danger by a friend, and hastened to Cambridge; but when he arrived he found Henry delirious. The unhappy youth recovered sufficiently to know him for a few moments; the next day he sank into a state of stupor, and on Sunday, 19th of October, 1806, expired. It was the opinion of his physicians that, if he had lived, his intellect would have been affected.” Lord Byron beautifully speaks of him in the following lines and note:—

“Unhappy WHITE!\* when life was in its spring,  
And thy young muse just waved her joyous wing,  
The spoiler came; and all thy promise fair  
Has sought the grave, to sleep for ever there.  
Oh! what a noble heart was here undone!  
When science’ self destroyed her favourite son!  
Yes! she too much indulged thy fond pursuit;  
She sowed the seeds, but death has reap’d the fruit.  
’Twas thine own genius gave the final blow,  
And help’d to plant the wound that laid thee low,  
So the struck eagle, stretch’d upon the plain,  
No more through rolling clouds to soar again,  
View’d his own feather on the fatal dart,  
And winged the shaft that quiver’d at his heart.  
Keen were his pangs, but keener far to feel,  
He nursed the pinion which impelled the steel;  
While the same plumage that had warm’d his nest,  
Drank the last life-drop of his bleeding breast.”

\* “Henry Kirke White died at Cambridge, in October, 1806, in consequence of too much exertion in the pursuit of studies that would have matured a mind which disease and poverty could not impair, and which death itself destroyed, rather than

If Kirke White's brain had not been overworked (and possibly the emulation of honours may, in a great measure, have been the cause of its being so) he might still have been alive, a blessing and ornament to society.

When an over-worked precocious brain does not cause the death of the owner, it, in too many instances, injures the brain irreparably; and the possessor of such an organ, from being one of the most intellectual of children, becomes one of the most stupid of men.

The good and intelligent Rev. R. A. Vaughan, who died in the early prime of life, and who, for some time, was the much respected Minister of Ebenezer Chapel, Birmingham, over-taxed his brain and his health, when young, by intense and abstruse study. A writer in the *Dublin University Magazine*, in alluding to the subject, makes the following valuable remarks:—"Called upon to point the moral of this mournfully short history, we would warn the student against a thriftless expenditure of his powers. There are limits even to the endurance of a Hercules; and we who are by no means Herculean, but poor, weak, dyspeptic creatures, may well be careful how we squander our little strength. Leopardi has averred that no man is naturally created for study, no man is born to write, but only to do. This is scarcely true: in these days, the author becomes more and more, each year, a mere thinking and writing machine. Chaucer says how, in his time even, the student—

‘had rather have at his bed’s head  
Some twenty volumes, clothed in black or red,  
Of Aristotle and his philosophy,  
Than richest robes, fiddle, or psaltery.’

And now, though books may be had for pence, which then could not be bought for pounds, the scholar is still prone to think that Paradise itself must have been a subdued. His poems abound in such beauties as must impress the reader with the liveliest regret that so short a period was allotted to talents which would have dignified even the sacred functions he was destined to assume."—Byron.

well-stocked library. Sooner or later, nature takes full revenge for this neglect of her charms, this 'spretæ injuria formæ.' The cheeks that never glow beneath her summer splendours, shall speedily be bright with the fatal hectic flush. Eyes that will not gaze upon her changing glories of light and shadow, the film of death shall quickly glaze. It was high time that the avatar of muscular Christianity should appear. Men were to be taught that they would be no worse Christians, and certainly happier men, if they would fearlessly clear a five-bar, or boldly breast a stormy sea. Yet our forefathers have anticipated all our wise sayings and doings. This talk of virtue and vigour, of holiness and heartiness—what is it but a comment upon the too little remembered text, 'Mens sana in corpore sano.'”\*

Hear also what another clever author says upon this subject:—"No common error is attended with worse consequences to the children of genius, than the practice of dragging precocious talent into early notice; of encouraging its growth in the hotbed of parental approbation, and of endeavouring to give the dawning intellect the precocious maturity of that fruit which ripens and rots almost simultaneously. Tissot has admirably pointed out evils which attend the practice of forcing the youthful intellect: 'The effects of study vary,' says the author, 'according to the age at which it is commenced; long-continued application kills the youthful energies. I have seen children full of spirit attacked by this literary mania beyond their years, and I have foreseen with grief the lot which awaited them: they commenced by being prodigies, and ended by becoming stupid. The season of youth is consecrated to the exercise of the body which strengthens it, and not to study, which debilitates and prevents its growth. Nature can never successfully carry on two rapid developments at the same time; when the growth of intellect is too prompt, its faculties are too early

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\* *The Dublin University Magazine*, Nov., 1858.

developed, and mental application being permitted proportioned to this development, the body receives no part of it, because the nerves cease to contribute to its energies; the victim becomes exhausted, and eventually dies of some insidious malady. The parents and guardians who encourage or require this forced application, treat their pupils as gardeners do their plants, who, in trying to produce the first rarities of the season, sacrifice some plants to force others to put forth fruit and flowers, which are always of a short duration, and are in every respect inferior to those which come to their maturity at a proper season.' " \*

Let me urge you, if you have a precocious child, to give the subject in question your best consideration.

329. *Are precocious youths, in their general health, usually strong or delicate?*

*Delicate.*—Nature seems to have given a delicate body to compensate for the advantages of a talented mind. Precocious youths are predisposed to consumption; more so than to any other disease. The hard study, which they frequently undergo, excites the disease into action.

It is not desirable, therefore, to have a precocious child. A writer in 'Fraser's Magazine,' speaks very much to the purpose when he says,—“Give us intellectual beef, rather than intellectual veal.”

330. *What habit of body is most predisposed to scrofula?*

Those who have a moist, cold, fair, delicate, and almost transparent skin; large prominent blue eyes; protuberant forehead; light-brown or auburn hair; rosy cheeks; pouting lips; milk-white teeth; long neck; high shoulders; small, flat, and contracted chest; tumid bowels; large joints; thin limbs, and flabby muscles—are the persons most predisposed to scrofula. Of course, the disease is not entirely confined to the above: sometimes—those who have black hair, dark eyes and complexion, are subject to it; but yet, far less frequently

than those above specified. It is a remarkable fact, that the most talented are the most prone to scrofula; and, being thus clever, their intellects are too often cultivated at the expense of their health. In infancy and childhood,—water-on-the-brain or mesenteric disease; in youth,—pulmonary-consumption—is frequently their doom. They are like shining meteors—their life is brilliant, but short!

331. *How may scrofula be warded off?*

Strict attention to the rules of health is the means to prevent scrofula. Books, unless as an amusement, should be discarded. The patient must almost live in the open air, and his residence should be a healthy country-place, where the air is dry and bracing; if it be at a farm-house, in a salubrious neighbourhood, so much the better. In selecting a house, **GOOD PURE WATER SHOULD BE AN IMPORTANT REQUISITE FOR A PATIENT PREDISPOSED TO SCROFULA**; indeed, for every one who values his health. Early rising, in such cases, is most beneficial. Wine, spirits, and all fermented liquors, should be avoided. Beef-steaks and mutton-chops in abundance, and plenty of milk and farinaceous food,—such as rice, sago, arrow-root, &c.—should be his diet.

Scrofula may be warded off, if the above rules be strictly, and perseveringly followed; but there must be no half-measures, no trying to serve two masters—to cultivate the health and to cultivate the intellect by study at the same time.—The brain must NOT be taxed until the body becomes strong.—“You may prevent scrofula by care, but that some children are originally predisposed to the disease there cannot be the least doubt; and, in such cases, the education and the habits of youth should be so directed as to ward off a complaint, the effects of which are so frequently fatal.”\*

332. *But suppose the disease to be already formed, what must then be done?*

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\* Sir Astley Cooper's *Lectures on Scrofula*.

The plan recommended above should still be pursued, not by fits and starts, but steadily and continuously; for, it is a complaint that requires a vast deal of patience and great perseverance. Warm and cold sea-bathing, in such cases, are, generally, most beneficial. Of course, in a case of confirmed scrofula, it will be necessary to consult a Medical man.

But do not allow, without a second opinion, any plan to be adopted that will weaken the system; which is, already, too much depressed. No! rather build up the body by good nourishing diet (as previously recommended); by cod-liver-oil; by a dry bracing atmosphere—such as, Brighton, or Ramsgate, or Llandudno;—or, if the lungs be delicate, by a more sheltered coast—such as, St. Leonard's, or Torquay.

Let no active purging,—no mercurials,—no violent, desperate remedies,—be allowed.—If the patient cannot be cured without them, I am positive that he will not be cured with them.

But do not despair,—many scrofulous patients are cured—by time and by judicious treatment.—But if desperate remedies are to be used, the poor patient had better, by far, be left to nature!

333. *If a youth is round-shouldered and slouching in his gait, what should be done?*

Let him be drilled,—there is nothing more likely to benefit him than drilling.—You never see a soldier round-shouldered, nor slouching in his gait.—He walks like a man! Look at the difference in appearance between a country labourer and a soldier!—It is the drilling that makes the difference.—“Oh for a drill-sergeant to teach them to stand upright, and to turn out their toes; and to get rid of that slouching, hulking gait which gives such a look of clumsiness and stupidity!”\*

334. *Is a slight spitting-of-blood to be looked upon as a dangerous symptom?*

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\* A. K. H. B. *Fraser's Magazine*, October, 1861.

Spitting-of-blood is always to be looked upon with suspicion: even when a youth appears to be in good health,—it is frequently the forerunner of consumption. It may be said, that I am alarming a parent unnecessarily by mentioning the fact; but it would be a false kindness if I did not do so. Let me ask, when is consumption to be cured? Is it at the onset, or is it when it is confirmed? If a mother had been more generally aware, that spitting-of-blood was frequently a forerunner of consumption, she would have taken greater precautions in the management of her offspring; she would have made everything give way to the preservation of their health: and, in many instances, she would have been amply repaid, by having the lives of her children spared. We frequently hear of patients, in *confirmed* consumption, being sent to Madeira and to other foreign parts. Can anything be more absurd or more cruel? If there be any disease that requires the comforts of home and good nursing more than another, it is consumption.

335. *At what age does consumption most frequently occur? Are girls more liable to it than boys? What are the symptoms of this disease?*

Consumption most frequently shows itself between the ages of fourteen and twenty-one: after then, the liability to the disease gradually diminishes; until, at the age of forty-five, it becomes comparatively rare. Boys are more prone to this complaint than girls. Some of the most important symptoms of pulmonary consumption are indicated by the stethoscope; but, as I am addressing a mother, of course it would be out of place to treat of such signs in Conversations of this kind. The symptoms it may be well for a parent to recognise, in order that she may seek aid early, I will presently describe. It is perfectly hopeless to expect to cure consumption, unless advice be sought at the onset, as the only effectual good, in this disease, is to be done at first.

It may be well to state—that consumption creeps on insidiously. One of the earliest symptoms of this dreadful scourge, is—a slight, dry, short cough, attended with tickling and irritation at the top of the throat. This cough generally occurs in the morning; but, after some time, comes on at night, and, gradually, throughout the day and the night. Frequently during the early stage of the disease, A SLIGHT SPITTING-OF-BLOOD OCCURS. Now, this is a most dangerous symptom; indeed, I may go so far as to say,—that as a rule, it is almost a sure sign, that the patient is in the FIRST stage of consumption.

There is usually hoarseness, not constant, but coming on if the patient be tired, or towards evening; there is also a sense of lassitude and depression; shortness of breathing; a feeling of being quickly tired, more especially on the slightest exertion. The hair of a consumptive patient usually falls off, and what little remains, is weak and poor; the joints of the fingers become enlarged; the patient loses flesh; and, after some time, night-sweats make their appearance; then, we may know, that hectic-fever has commenced.

Hectic begins with chilliness; which is soon followed by flushings of the face, and by burning heat of the hands and the feet, especially of the palms of the hands and the soles of the feet. This is soon succeeded by perspirations. The patient has generally two decided paroxysms of hectic-fever during the day: the one at noon, which lasts about five hours; the other in the evening, which is more severe, and ends in violent perspirations, which continue the whole night through. During the day, he may have several attacks of hectic flushes of the face; especially after eating:—at one moment, he complains of being too hot, and rushes to the cool air; the next moment, he is too cold, and almost scorches himself by sitting too near the fire. Whenever the circumscribed hectic flush is on the cheek, it looks as though it had been painted with vermilion; then is



the time when the palms of the hands are frequently burning hot.

The expectoration, at first, is merely mucus; but, after a time, it assumes a characteristic appearance:—it has a roundish, flocculent, woolly form; each portion of phlegm keeping, as it were, distinct; and, if the expectoration be stirred in water, it has a milk-like appearance. The patient is commonly harassed by frequent bowel-complaints; which rob him of what little strength he has left. The feet and ankles swell. As before remarked, the perspiration comes on in the evening; continues all night, more especially towards morning, and while the patient is asleep; during the time he is awake, even at night, he seldom sweats much. The thrush generally shows itself towards the close of the disease, attacking the tongue, the tonsils, and the soft palate, and is a sure harbinger of approaching death. Emaciation rapidly sets in.

If we consider the immense engines of destruction at work, viz.—the colliquative (melting) sweats, the violent bowel-complaints, the vital parts that are affected, the harassing cough, the profuse expectoration, the hectic-fever, the distressing exertion of struggling to breathe—we cannot be surprised that death soon closes the scene. In females, provided they have been previously regular, menstruation gradually declines, and then entirely disappears.

336. *What are the causes of consumption?*

The *predisposing* causes of consumption are—the scrofulous habit of body; hereditary predisposition; narrow or contracted chest; deformed spine; delicacy of constitution; bad and scanty diet, or food containing little nourishment; impure air; close in-door confinement in schools, in shops, and in factories; ill-ventilated apartments; dissipation; late hours; over-taxing the growing brain with book-learning, thus producing debility; want of proper out-door exercise and amusements; tight-lacing; indeed,—anything and everything, that will

debilitate the constitution, or interfere with, or impede, the proper action of the lungs, will be predisposing causes of this fearful disease.

The most common *exciting* causes of consumption are—slighted colds; neglected inflammation of the chest; long continuance of influenza; sleeping in damp beds; allowing wet clothes to dry on the body; unhealthy employments, such as,—needle-grinding, pearl-button making, &c.

337. *Supposing a youth to have spitting-of-blood, what precautions would you take to prevent it ending in consumption?*

I should let his health be the first consideration; I should throw books to the winds; if he be at school, I should advise you to take him away; if he be in trade, I should cancel his indentures; if he be in the town, I should send him to a sheltered healthy spot in the country; or to the south-coast—as, for instance,—to St. Leonards-on-Sea, to Torquay, or Barmouth.

I should be particular in his clothing, taking especial care to keep his chest and his feet warm. Let it be winter or summer, if he did not already wear flannel waistcoats, I should recommend him immediately to do so; if it be winter, I should advise him, also, to take to *flannel* drawers. The feet must be carefully attended to; they should be kept warm and dry; the slightest dampness of either shoes or stockings should cause them to be immediately changed. If a boy, he should wear double-breasted waistcoats; if a girl, high dresses.

The diet must be nutritious and generous; he should be encouraged to eat plentifully of beef and of mutton. There is nothing better for breakfast than milk, where it agrees; indeed, it may be frequently made to agree, by previously boiling it. Good home-brewed ale, or sound porter, may be taken in moderation. Wine and spirits must on no account be allowed. I caution parents in this particular, as many have an idea, that wine, in such

cases, is strengthening, and that *rum* and milk is a good thing either to cure a cough, or to prevent one!

If it be summer, let him be much in the open air, avoiding the evening and the night air. If it be winter, he should keep within doors, unless the weather be mild for the season. Particular attention should be paid to the point the wind is in, as he should not be allowed to go out if it is either in the north, in the east, or in the north-east: the latter is more especially dangerous.\* If it be spring, and the weather favourable, or summer or autumn, change of air, more especially to the south-coast, would be desirable; indeed, in a case of spitting-of-blood, I know of no remedy so likely to ward off that formidable, and, generally, intractable complaint—consumption—as change of air. Of course, the beginning of autumn is the best season for visiting the coast. It would be advisable, at the commencement of October, to send him to Italy, to the south of France, to Mentone,†

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\* The following eloquent description of the north-east wind is a little overdrawn, but, notwithstanding, there is a great deal of truth in it:—"Boreas is a ruffian and a bully, but the north-east is a rascal. Æolus has not such a vicious, ill-conditioned blast in his puffy bags. It withers like an evil eye; it blights like a parent's curse; unkindler than ingratitude; more biting than forgotten benefits. It comes with sickness on its wings, and rejoices only the doctor and the sexton! When Charon hoists a sail, it is the north-east that swells it; it purveys for Famine, and caters for Pestilence. From the savage realms of the Czar, it comes with desolating sweep, laden with moans from Siberian mines, and sounding like echoes of the knout; but not a fragrant breath brings it from all the rosaries of Persia, so destitute is it of grace and charity. While it reigns, no fire heats, no raiment comforts, no walls protect,—cold without bracing, scorching without warmth. It deflowers the earth, and it wanes the sky. The ghastliest of hues overspreads the face of things, and collapsing Nature seems expiring of cholera."—*The Bachelor of the Albany*.

† *Mentone, the Riviera, Corsica, and Biarritz, as Winter*

or, to the mild parts of England—more especially to Hastings, or to Torquay—to winter.

But remember, if he be actually in a *confirmed* consumption, I should not, on any account, let him leave his home; as then, the comforts of home will far—very far—out-weigh any benefit of change of air.

338. *Suppose a youth to be much predisposed to a sore-throat; what precautions should he take to prevent it?*

He must use thorough ablution of the body every morning; beginning cautiously, that is to say—commencing with the neck one morning; then, by degrees, morning after morning, sponging a larger surface, until the whole of the body be sponged. At first, the chill must be taken off the water; gradually, the temperature of the water should be lowered, until it be quite cold;—taking care to rub the body dry with a coarse towel.

He should bathe his throat, externally, every night and morning, with luke-warm salt-and-water; the temperature of which should be gradually reduced, until, at length, no warm water is added. He should gargle his throat—with barm-vinegar-and-sage-tea,\* or,—with salt-and-water—two teaspoonfuls of table-salt dissolved in a tumbler of water. He should harden himself, by taking plenty of exercise in the open air. He must, as much as possible, avoid sitting, or standing, in a draught; if he be in one, he should face it. He must keep his feet warm and dry. He should take as little aperient medicine as possible; avoiding, especially, calomel and blue-pill. As he grows up to manhood, he should allow his beard to grow under his throat; as such would be a natural covering for it:—I have known great benefit to arise from this simple plan.

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*Climates.* By J. Henry Bennett, M.D., &c. Second Edition,—London, 1862.

\* A wineglassful of barm, a wineglassful of vinegar and the remainder sage-tea,—to make a half-pint bottle of gargle.

339. *Have you any remarks to make on the almost universal habit of boys, and of very young men, smoking?*

I am not now called upon to give an opinion of the effects of tobacco-smoking on the middle-aged and on the aged.—I am addressing a mother as to the desirability of her sons—when boys—being allowed to smoke.—I consider tobacco-smoking one of the most injurious and deadly habits a boy, or a young man, can indulge in.—It contracts the chest and weakens the lungs—thus predisposing to consumption.—It impairs the stomach—thus inducing indigestion.—It debilitates the brain and nervous system.—It stunts the growth,\* and is one cause of the present race of pigmies. It makes the young, lazy and disinclined for work.—It is one of the greatest curses of the present day.—“For the reasons which have been stated above, it follows plainly, that tobacco-smoking as a habit is most injurious both to the physical and mental organism in the early periods of life. Whatever may be said for or against tobacco, this is quite certain, that it should never be indulged in until the body is fully developed. During the early period of life, when the youth is approaching to his manhood, all the physical and mental energies are at their full stretch to attain a certain maximum of growth and power. To throw obstacles, therefore, in the way of this development is necessarily to inflict on it a penalty which is life-enduring, and is never made up; and I do not think the anti-tobacconists are saying a word too much when they urge that the increasing indulgence by our children and youths in the use of tobacco is stunting the national growth, deforming the national life, degrading the national intellect, and establishing a race which must necessarily possess a limited force, and transmits its own degradation to the next and the next generation. If, indeed, there is one

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\* As a rule, Germans are very short and have contracted chests: the principal reason being,—that they commence smoking so early in life.

point upon which parental authority should be exercised, it is, I think, in forbidding the use of tobacco until the child has become a full-grown man and is capable of exercising his own independent and manly judgment.”\*

340. *What are the best methods to restrain a violent bleeding from the nose?*

Do not interfere with a bleeding from the nose, unless it is violent.—A bleeding from the nose is, frequently, an effort of nature to relieve itself, and, therefore, should not be restrained unless it is likely to weaken the patient.

If it be necessary to restrain the bleeding,—first try what bathing the nose and the forehead with water—quite cold from the pump—will do. If that does not succeed—try the old-fashioned remedy of putting a cold door-key down the back. If these plans fail:—“The best method of controlling an ordinary bleeding from the nose, is, by pressure with the finger on the side of the nostril. This, kept up firmly for a few minutes, will generally allow the blood to clot on the affected surface, and the hæmorrhage will cease. There are also various other means in use—the upright posture, cold applications to the head and face, a piece of cold metal applied to the back.”†

If these methods do not succeed, plunge the hand and the fore-arm into cold water, keep them in for a few minutes, then take them out, and hold, or let be held up, the arms and the hands high above the head: this plan has frequently succeeded, when others have failed.—Let the room be kept cool; throw open the windows, and do not have many in the room to crowd around the patient. If the above treatment does not soon succeed, send for a Medical man, as, more active means, such as—plugging of the nostrils—WHICH IS NOT DONE UNLESS IN EXTREME CASES—may be necessary.

But before plugging of the nose is resorted to, it will

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\* From an admirable *Essay on Tobacco*, by Dr. Richardson, in the *Social Science Review*, June 6, 1863.

† Shaw's *Medical Remembrancer*, by Hutchinson.

be well to syringe the nostril with a cold solution of alum :—

Take of—Powdered Alum, one drachm ;

Pure Water, half a pint :

To make a lotion.

341. *In case of a young lady fainting, what had better be done ?*

Lay her flat upon her back, taking care that the head be as low as, or lower than, the body ; throw open the windows ; do not crowd around her ;\* unloosen her dress as quickly as possible ; ascertain if she has been guilty of tight-lacing ; for, too frequently, fainting is produced by that reprehensible practice.

I recollect Dr. A. T. Thomson, in his valuable Lectures, relating a case that he had attended, where a young lady appeared to be dying from tight-lacing. He cut open her stays, and she gradually came to herself. If the worthy Doctor had not quickly done what he did, she would soon have been a corpse. Dr. Thomson, at my request, has kindly favoured me with the following interesting particulars of the case :—“Some years since, I was requested to hasten to a house, not far from my own, to see a lady who had fallen from her chair, in a fit, whilst eating her dinner. On being ushered into the drawing-room of the house, where the circumstance had taken place, I saw a lady lying upon a sofa, apparently dead ; and several ladies hanging over the couch in great distress. I found little appearance of life, except that the temperature of the body was natural : the pulse had ceased to beat ; and no respiratory action could be detected. On laying my hand over the region of the heart, I felt that the stays were extremely tightly laced ; and

\* Shakspeare knew the great importance of not crowding around a patient who has fainted. He says :—

“So play the foolish throngs with one that swoons ;

Come all to help him, and so stop the air

By which he should revive.”

*Measure for Measure*, Act ii, sc. 4.

conceiving that the suspension of animation arose from that cause, I requested a penknife to be given to me, with which I instantly ripped down the stays and gown. In an instant, the chest dilated, on the binding matter giving way; which was almost like slitting an over-braced drum; and, in a few seconds, respiration recommenced, and animation returned. In this case, the waist was drawn in to a degree that gave a complete hour-glass appearance to the figure; and prevented the descent of the diaphragm; whilst the blood could not circulate, or be renewed in the lungs, from the general obstruction of many of the cells and smaller tubes. The quantity of residual air, also, in the lungs, was too small; and this was still diminished by the warmth of some soup, which the lady was eating when she fell from her chair, dilating the gas in the stomach; and, consequently, pressing that enlarged organ upwards upon the lungs. Had I not lived close by, the time necessary to get medical aid from a greater distance, might have rendered it unavailable."

Apply smelling-salts to the nostrils; if they be not at hand, burn a piece of rag under the nose; dash cold water upon the face; throw open the window; fan her; and, do not, as is generally done, crowd round the patient, and thus prevent a free circulation of air.

As soon as she can swallow,—give her a draught of cold water, or a glass of wine, or a teaspoonful of sal-volatile in a wineglassful of water.

*To prevent fainting for the future*—I would recommend:—early hours; country air and exercise; the stays, if worn at all, to be worn slack; attention to diet; avoidance of wine, beer, spirits, excitement, and fashionable amusements.

Sometimes, the cause of a young lady fainting, is—a disordered stomach, or—a constipated state of the bowels.

If the fainting has been caused by a *disordered stomach*,—it may be necessary, to stop the supplies and



give the stomach little to do for a day or two—a fast will frequently prevent the necessity of giving medicine.

Of course, if the stomach be *much* disordered, it will be desirable to consult a Medical man.

If your daughter's fainting has originated from a *constipated state of the bowels* (another frequent cause of fainting) I beg to refer you to a subsequent Conversation,—in which I will give you a list of remedies for the prevention and treatment of constipation.

Occasionally, a young lady's fainting, arises from debility—from down-right weakness of the constitution; then, the best remedies will be—change of air to the coast, good nourishing diet, and the following strengthening mixture :—

Take of—Muriated Tincture of Iron, one drachm and a half;  
Tincture of Calumba, six drachms;  
Distilled Water, seven ounces :

Three tablespoonfuls of this mixture to be taken three times a day.

Or, for a change, the following :

Take of—Wine of Iron, one ounce and a half;  
Distilled Water, six ounces and a half :

To make a mixture. Three tablespoonfuls to be taken three times a day.

Iron medicines should always be taken *after*, instead of *before*, a meal.—The best times of the day for taking either of the above mixtures will be—eleven o'clock, four o'clock, and seven o'clock.

342. *You had a great objection to a mother administering calomel to an infant or to a child; have you the same objection to a boy taking it, when he requires aperient medicine?*

Equally as great.—It is my firm belief, that the frequent use, or rather abuse, of calomel and of other preparations of mercury, is often a source of liver disease, and an exciter of scrofula. It is a medicine of great value in some diseases, when given by a *judicious* Medical man; but, at the same time, it is a drug of great danger,

when given indiscriminately, or when too often prescribed. I will grant that, in liver-diseases, it frequently gives temporary relief; but when a patient has once commenced the regular use of it, he cannot do without it; until, at length, the *functional* ends in *organic* disease of the liver. The use of calomel predisposes to cold, and thus frequently brings on inflammation and consumption. **FAMILY APERIENT PILLS SHOULD NEVER CONTAIN MERCURY IN ANY FORM WHATEVER.**

343. *Will you give me a list of remedies for the prevention, and for the cure, of constipation?*

If you find it necessary to give to your son, or to your daughter, aperient medicine, the mildest **MUST** be selected—for instance—an agreeable and an effectual one, is, an electuary composed of the following ingredients:—

Take of—Best picked Alexandria Senna, one ounce;

Best Figs, two ounces;

Best Raisins (stoned), two ounces:

All chopped very fine. The size of a nutmeg, or two, may be eaten occasionally.

Or,—one or two teaspoonfuls of Compound Confection of Senna (lenitive-electuary) may be taken, early in the morning, occasionally; or, for a change,—a teaspoonful of Henry's Magnesia in half a tumblerful of warm water. If this should not be sufficiently active,—a teaspoonful of Epsom-salts may be given with the magnesia.—A Seidlitz-powder forms another safe and mild aperient; or,—two or three Compound Rhubarb Pills may be given at bedtime.—“M. Trousseau who has paid great attention to the subject of constipation, strongly recommends the following formula:—

Take of—Aloes,

Extract of Rhubarb,

Extract of Colocynth, of each, fifteen grains,

Extract of Henbane, four grains,

Oil of Aniseed, three minims:

Divide into twenty pills.

One or two of the above pills should be taken every other day before dinner, or three hours before bed-time,

or in the morning; the pills should be exhibited twice the second, and once only during the third week from the beginning of the treatment, which, with the assistance of appropriate diet, will gradually permit the patient to dispense with medicine altogether.”\*

But, after all,—the best opening medicines are—cold ablutions, attention to diet, variety of food, bran-bread, grapes, stewed prunes,† French plums, cooked and raw—if it be ripe and sound—fruit, oatmeal porridge, lentil powder in the form of Du Barry’s Arabica Revalenta, vegetables of all kinds, exercise in the open air, early rising, daily visiting the water-closet at a certain hour (there is nothing keeps the bowels open so regularly and well, as establishing the habit of visiting the water-closet, at a certain hour, every morning), and the other rules of health specified in these Conversations. If more attention were paid to these points, poor school-boys, and school-girls, would not be compelled to swallow such nauseous messes as they usually are.

Should these plans not succeed, (although with patience and perseverance, in the majority of cases, they will),—I would advise a clyster, once or twice a week, either simply—of warm water, or—one made of gruel, table-salt and olive-oil—in the proportion of one table-spoonful of salt, one of oil, and a pint of warm gruel—which a boy may administer to himself, or a girl to herself, by means of a proper enema-apparatus.

“Hydrophathy also supplies us with various remedies for constipation. From the simple glass of cold water, taken in the morning, to the various douches and sea-baths, a long list of useful appliances might be made out, among which we may mention the “wet compresses” worn for three hours over the abdomen [bowels] with a gutta-percha covering.”‡

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\* From a valuable article in the *Medical Circular* (Feb. 5, 1862) on *Constipation and its Treatment*.

† For the best way of stewing prunes, see page 188.

‡ Professor Trousseau in *Medical Circular*, Feb. 5, 1862.

I have here a word or two to say to a mother, who is always physicing her children.—It is an unnatural thing to be constantly dosing a child, or any one else, with medicine. One would suppose that some people were only sent into the world to be physiced! If more care were paid to the rules of health, very little medicine would be required! This is a bold assertion; but I am confident—that it is a true one. It is a strange admission for a Medical man to make; but, nevertheless—my convictions compel me to avow it!

344. *What is the reason, girls are so subject to costiveness?*

The principal reason why girls suffer more from costiveness than boys, is, that their habits are more sedentary; as the best opening medicines in the world are—exercise, muscular exertion, and fresh air.

Unfortunately, poor girls, in this enlightened age, must be engaged several hours every day at fancy work, the piano, and other accomplishments; consequently, they have little time for exercise of any kind. As a matter of course, the bowels become constipated; they are therefore dosed with pills, black draughts, and medicines of that class, almost *ad infinitum*!

What is the consequence? Opening medicines, by constant repetition, lose their effects, and, therefore, require to be made stronger and stronger; until, at length, the strongest will scarcely act at all; and the poor unfortunate girl when she becomes a woman—IF SHE EVER DOES BECOME ONE—is spiritless, heavy, dull, and listless, requiring daily doses of physic, until she almost lives on physic!

All this misery and wretchedness proceed from nature's laws having been set at defiance—from *artificial* means taking the place of *natural* ones—from a mother adopting fashion and folly as her rule and guide, rather than reason and common sense. When will a mother awake from her folly and stupidity? This is strong language to address to a lady; but it is not stronger than the subject demands.

Mothers of England! do—let me entreat of you—ponder well upon what I have said.—Do rescue your girls from the bondage of fashion and folly, which is worse than the bondage of the Egyptian task-masters:—the Israelites had to work in the open air—to make bricks without straw,—“So the people were scattered abroad throughout all the land of Egypt to gather stubble instead of straw;”\*—but your girls—many of them at least—have no work, either in the house or in the open air—they have no exercise whatever. They are poor, drawling, dawdling, miserable non-entities, with muscles like ribbands, for the want of proper exercise; and with faces as white as a sheet of paper, for lack of fresh air! What a host of charming girls are yearly sacrificed at the shrine of fashion and folly!

Another, and a frequent, cause of costiveness, is, the bad habit of disobeying the call of having the bowels opened. The moment there is the slightest inclination to relieve the bowels—INSTANTLY should it be attended to; or, serious results will follow.—Let me urge a parent, to instil into her daughter's mind, the importance of this advice.

345. *Young people are subject to pimples on the face: what is the remedy?*

These hard red pimples (*acne*) are a common and an obstinate affection of the skin, principally affecting the forehead, the temples, the nose, and the cheeks; occasionally, attacking the neck, the shoulders, the back, and the chest; and, as they more frequently affect the young—from the age of fifteen to thirty-five—and are disfiguring, they cause much annoyance.—“These pimples are so well known by most persons as scarcely to need description; they are conical, red, and hard; after awhile, they become white and yellow at the point, then discharge a thick, yellow-coloured matter, mingled with a whitish substance, and become covered by a hard brown scab, and

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\* Exodus v. 12.

lastly, disappear very slowly, sometimes very imperfectly, and often leaving an ugly scar behind them. To these symptoms are not unfrequently added considerable pain, and always much unsightliness. When these little cones have the black head of a 'grub' at their point, they constitute the variety termed *spotted acne*. These latter often remain stationary for months, without increasing or becoming red; but when they inflame, they are in no wise different in their course from the common kind."\*

I find, in these cases,—great benefit to be derived from bathing the face, night and morning, with strong salt and water—a tablespoonful of table-salt to a teacupful of water;—by paying attention to the bowels; by living on plain wholesome food; and by taking a great deal of outdoor exercise. Sea-bathing, in these cases, is often very beneficial.

346. *What is the cause of a Gum-boil?*

A decayed root of a tooth, which causes inflammation and abscess of the gum: which abscess breaks and becomes a gum-boil,

347. *What is the treatment of a Gum-boil?*

Foment the outside of the face with a hot camomile and poppy-head fomentation†, and apply a small white-bread and milk poultice‡ to the gum-boil—between the cheek and the gum: which renew frequently.

As soon as the gum-boil has become quiet, *by all means*, have the affected tooth extracted, or it may cause disease, and, consequently, serious injury to the jaw; and, whenever the patient takes cold, there will be a renewal of the

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\* Wilson on *Healthy Skin*.

† Four poppy-heads and four ounces of camomile blows, to be boiled in four pints of water for half an hour, and then to be strained—to make the fomentation.

‡ Cut a piece of bread, about the size of the little finger—without breaking it into crumb—pour boiling-hot milk upon it, cover it over, and let it stand for five minutes, then apply the soaked bread over the gum-boil—letting it rest between the cheek and the gum.

inflammation, of the abscess, and of the gum-boil, and, as a matter of course, renewed pain, trouble and annoyance. Moreover, decayed fangs of teeth often cause offensive breath.

348. *What is the best remedy for a corn?*

To remove it. The usual method of cutting, or of paring a corn away, is erroneous. The following is the right way:—Cut around the circumference of the corn with a *sharp* pair of pointed scissors. Work gradually round and round towards the centre. When you have well loosened the edges for some considerable distance, you can with your finger generally remove the corn bodily, and that with little pain, and without the loss of any blood.

A small piece of cotton-wool, or of wool from a sheep's back, soaked in olive-oil, should be placed between the toes, every night and morning. In the generality of cases, the plan recommended, if properly performed, will effect a cure; but, if the corn should return, from pressure, or from any other cause, remove it again, and proceed as before directed. If the corn has been caused by tight, or by ill-fitting shoes, of course, the only way to prevent a recurrence, is, to have the shoes properly made.\*

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\* As long as fashion, instead of common sense, is followed in the making of boots and shoes, most persons will suffer from corns.—It has often struck me as singular, that when all the professions and trades are so overstocked, that there should be, as there is, in every large town such a want of chiropodists (corn-cutters)—of respectable chiropodists—of men who would charge a fixed sum for every visit the patient may make; for instance, to every working-man, a shilling; and to every gentleman, half a crown for each sitting.—I am quite sure if such a plan were adopted, every town of any size in the kingdom might employ regularly one chiropodist at least.—However we may dislike many American customs we may copy them with advantage in this particular, namely,—in having a regular staff of chiropodists both in civil and in military life.

349. *What is the best remedy to destroy a Wart?*

Pure Nitric Acid\*—carefully applied to the wart, by means of a small stick of cedar-wood—a camel's-hair pencil-holder—every other day, will soon destroy it.—Care must be taken that the acid does not touch the healthy skin, or it will act as a caustic to it.

The nitric-acid should be preserved in a stoppered bottle, and must be put out of the reach of children.

350. *What are the causes of so many young ladies of the present day being weak, nervous, and unhappy?*

The principal causes are:—ignorance of the laws of health; nature's laws being set at nought by fashion and by folly; by want of occupation; and by want of self-reliance.

Weak, nervous, and unhappy! Well they may be! What have they to make them strong and happy? Have they work to do—to brace the muscles? Have they occupation—useful, active occupation—to make them happy? No! they have neither the one nor the other!

Unless great alterations take place, the women of England will soon become what the women of America already are—physically deteriorated.—For it is a notorious fact, that the want of occupation, and the want of exercise, and of fresh air, have sadly deteriorated the women of America.—The horrid war, that is now waging (June, 1862), may have one good effect—viz., that of bringing American ladies to their senses; and may compel them to exert themselves; as, fortunately for themselves, they will be compelled to do, for they will not have so much money to spend in luxuries and in idleness, as they have hitherto had.†—The American ladies are many of them very

\* A very small quantity of Pure Nitric Acid—just a drain, at the bottom of the stoppered bottle—is all that is needed,—and which may be procured of a chemist.

† The following extract from the *Cornhill* of April, 1863, will show that my opinion has been verified; namely, that the war would have a beneficial effect in rousing the fair sex or America to energy and to action:—"Their whole nature has



beautiful—they are like hot-house flowers—soon bloom, soon fade; or, like forced fruit—soon ripe, soon decay!

Hear what a talented writer\* says upon the subject:—“Most assuredly, however unpoetical may be such a view of the matter, the origin of a great deal of unhappiness is physical disease; or rather, the loss of that healthy condition of body, which, in the present state of civilization, so far removed from a state of nature, can only be kept up in any individual by the knowledge and practice of the ordinary laws of hygiene—generally the very last knowledge that women seem to have. The daily necessities of water, fresh air, proper clothing, food, and sleep, with the due regulation of each of these, without which no human being can expect to live healthily or happily, are matters in which the only excuse for lamentable neglect is still more lamentable ignorance. An ignorance the worse, because it is generally quite unacknowledged. If you tell a young girl that water, the colder the better, is essential to every pore of her delicate skin, every morning; that moderate out-door exercise, and regularity in eating, sleeping, employment, and amusement, are to her a daily necessity; that she should make it a part of her education to acquire a certain amount of current information on sanitary science, and especially on the laws of her own being, physical and mental; tell her this, and the chances are, she will stare at you uncomprehendingly, or be shocked, as if you were saying to her something ‘improper;’ or answer flippantly, ‘Oh yes; I know all that.’ But of what use is the knowledge? When she lies in bed till ten o’clock, and sits up till any become changed; from being accustomed to a life of luxury and idleness, dependent on their slaves, they have become self-denying and hard-working, and willing not only to give up their own time for the good of the country, but, without murmuring, to see their best and dearest friends and relations killed in the war.”

*A Woman's Thoughts about Women.*

hour the next morning, eats all manner of food at all manner of irregular intervals; is horrified at leaving her bed-room window two inches open, or at being caught in a slight shower; yet will cower all day over the fire in a high woollen dress, and put on a low muslin one in the evening. When she wears all the winter, thin boots, gossamer stockings, a gown open at the chest and arms, and a loose mantle that every wind blows under, yet wonders that she always has a cold!—and weighs herself down in summer-time with four petticoats heaped one over the other, yet is quite astonished that she gets hot and tired so soon—truly any sensible, old-fashioned body, who knows how much the health, happiness, and general well-being of this generation—and alas! not this generation alone—depend upon these charming, loveable, fascinating, young fools, cannot fail to be ‘aggravated’ by them every day. However humiliating the fact may be to those poetical theorists who, in spite of all the laws of nature, wish to make the soul entirely independent of the body—forgetting, that if so, its temporary probation in the body at all, would have been quite unnecessary—I repeat, there can be no really sanitary state of mind, without a similar condition of body; and that one of the first requisites of happiness is *good health*.”

351. *What diseases are girls most subject to?*

The diseases peculiar to girls, are—Chlorosis—Green-sickness—and Hysterics.

352. *What are the usual causes of Chlorosis?*

Chlorosis is caused by torpor and by debility of the whole frame,—especially of the womb. It is generally produced by scanty, or by improper food, by the want of air and exercise, and by too close application within doors.—Here we have the same tale over again—close application within doors, and the want of fresh air and exercise!—When will the eyes of mothers be opened to this important subject?—The most important that can engage their attention!

353. *What is the usual age for Chlorosis to occur, and what are the symptoms?*

Chlorosis more frequently attacks girls—from thirteen to twenty years of age; although, unmarried women, much older, occasionally have it.—I say *unmarried*—for, as a rule, it is a complaint of the *single*.

The patient, first of all, complains of being languid, tired, and out of spirits; she is fatigued with the slightest exertion; she has usually palpitation of the heart; shortness of breath, and a short dry cough; her face is flabby and pale; her complexion gradually assumes a yellowish or greenish hue—hence the name of chlorosis; there is a dark, livid circle around her eyes; her lips lose their colour, and become almost white; her tongue is generally white and pasty; her appetite is bad and frequently depraved—the patient often preferring chalk, slate-pencil, cinder, and even dirt, to the daintiest food; indigestion frequently attends chlorosis; she has usually pains on the left side, over the short-ribs; she suffers greatly from ‘wind,’ and is frequently nearly choked by it; her bowels are sometimes costive, and the stools are unhealthy; she has pains in her hips, loins, and back; and her feet and ankles are, generally, swollen. THE MENSTRUAL DISCHARGE IS EITHER SUSPENDED, OR VERY PARTIALLY PERFORMED; if the latter, it is usually almost colourless. Hysterical fits sometimes occur during an attack of chlorosis.

354. *How may Chlorosis be prevented?*

If health were more studied, and fashion less followed, chlorosis would not be such a frequent complaint. This disease generally takes its rise from bad management; from nature’s laws having been set at defiance. I have heard a mother express an opinion—that it is not *genteel* for a girl to eat *heartily*! Such language is perfectly absurd.—How often, too, a silly mother declares,—that a healthy, blooming girl looks like a milk-maid!—It would be well if she did!—How true and sad is, that “a pale, delicate face, and clear eyes, indi-

cative of consumption, are the fashionable *desiderata* at present for complexion.”\*

A growing girl requires plenty of good nourishment, as much as her appetite demands; and if she has it not, she will become either chlorotic, or consumptive, or delicate. Besides, THE GREATEST BEAUTIFIER IN THE WORLD IS HEALTH. I am sorry to say, that too many mothers think more of the beauty, than of the health, of their daughters. Sad infatuation!

Nathaniel Hawthorne gives a graphic description of a delicate young lady, he says:—“She is one of those delicate nervous young creatures, not uncommon in New England, and whom I suppose to have become what we find them by the gradually refining away of the physical system among young women. Some philosophers choose to glorify this habit of body by terming it spiritual; but, in my opinion, it is rather the effect of unwholesome food, bad air, lack of out-door exercise, and neglect of bathing, on the part of these damsels and their female progenitors, all resulting in a kind of hereditary dyspepsia.”

If young girls had plenty of wholesome meat—plain roast or boiled—and not stewed, hashed, nor highly seasoned—for their stomachs; if they had abundance of fresh air for their lungs; if they had plenty of active exertion—such as skipping, dancing, running—for their muscles; if their clothing were warm and loose, and adapted to the season; if their minds were more occupied with active, *useful* occupation than at present, and if they were kept calm and untroubled from the hurly-burly and excitement of fashionable life,—chlorosis would almost be an unknown disease. It is a complaint of rare occurrence with country girls, but of great frequency with fine city ladies.—“Chlorosis is a rare affection in rural districts, where female youth are much in the open air, where it is not unfashionable to

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\* *Dublin University Magazine.*

walk and run, and where it is not considered a gross violation of good breeding to sport and play with activity and vigour. Such girls acquire energy of system, each organ is developed, the blood is abundant and of excellent quality, nutrition is healthy, and puberty is obtained without difficulty.”\*

355. *What treatment should you advise?*

The treatment, which would prevent, should be adopted when the complaint first makes its appearance. If the above means do not quickly remove it, the mother must then apply to a Medical man, and he will give medicines which will have the desired effect. If the disease be allowed to run on for any length of time, it may produce organic—incurable—disease of the heart, consumption, indigestion, or confirmed ill-health.

356. *At what period of life is a female most prone to Hysterics; and what are the symptoms?*

The time of life, when hysterics occur, is generally from the age of fifteen to fifty. Hysterics come on by paroxysms: hence, they are called hysterical fits. Just before an attack, a female is low spirited; crying without a cause; she is ‘nervous,’ as it is called; she has flushings of the face; at other times, she is very pale; she has shortness of breath and occasional palpitations of the heart; her appetite is usually bad; she passes quantities of limpid urine; she is much troubled with flatulence in her bowels, and feels bloated and uncomfortable in consequence. At length, the ‘wind’ rises upwards towards the stomach, and still upwards to the throat, giving her the sensation of a ball stopping the breathing, and producing a feeling of suffocation. The sensation of a ball in the throat (*globus hystericus*) is the commencement of the fit.

She now becomes partially insensible, although she seldom entirely loses her consciousness. Her face becomes flushed, her nostrils dilated, her head thrown back, and her stomach and bowels enormously distended with

\* Ashwell, on the *Diseases Peculiar to Women*.

'wind.' After a short time, she throws her arms and legs about convulsively, she beats her breast, tears her hair and clothes, laughs boisterously and screams violently; at other times, she makes a peculiar noise; sometimes she sobs, and her face is much distorted. At length, she brings up enormous quantities of wind; after a time, she bursts into a violent flood of tears, and then gradually comes to herself.

As soon as the fit is at an end, she generally passes enormous quantities of limpid urine. She may, in a short time, fall into another attack similar to the above. When she comes to herself, she feels exhausted and tired, and usually complains of slight head-ache, and of great soreness of the body and of the limbs. She seldom remembers what has occurred during the fit. Hysterics are sometimes frightful to witness; but, in themselves, are not at all dangerous.

357. *What are the causes of Hysterics?*

Delicate health, chlorosis, improper food, grief, anxiety, excitement of the mind, closely confined rooms, want of exercise, indigestion, flatulence, and tight-lacing, are the causes which usually produce hysterics. Hysterics are frequently feigned; indeed, oftener than any other complaint; and even genuine cases are usually much aggravated by patients themselves giving way to them.

358. *What do you recommend an hysterical female to do?*

To improve her health by proper management;—to rise early, and to take a walk, that she may breathe pure and wholesome air—indeed, she should live nearly half her time in the open air—exercising herself with walking, skipping, &c.;—to employ her mind with botany, or with any other out-door amusement;—to confine herself to plain, wholesome food;—to avoid tight-lacing;—to eschew fashionable amusements;—and, above all, not to give way to her feelings, but to arouse herself if she feel an attack approaching.

*If the fit be upon her*, the better plan, is, to banish all of the MALE sex from the room, and not even to have

many women about her, and for those around, to loosen her dress; to lay her in the centre of the room—flat upon the ground—with a pillow under her head: to remove combs and pins and brooches from her person; to dash cold water upon her face; to apply cloths, wetted in cold water, to her head; to throw open the window; and then to leave her to herself; or, at all events, to leave her with one FEMALE friend or attendant.—If such be done, she will soon come round: but what is the usual practice? If a girl be in hysterics, the whole house, and, perhaps, the neighbourhood, is roused; the room is crowded to suffocation; fears are openly expressed by those around, that she is in a dangerous state: she hears what they say, and her hysterics are increased ten-fold.

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If this book is to be of use to mothers and to the rising generation,—as I humbly hope and trust that it has been, and that it will be—still more abundantly,—it must not be merely read as a novel or any other piece of fiction,—but it must be studied,—until its contents are completely understood.

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In conclusion,—I beg to thank you for the attention you have paid me; and to express a hope, that my advice, through GOD's blessing, may not have been given in vain.

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